



Agudas Achim Congregation

401 E. Oakdale Blvd., Coralville, IA 52241

Phone: 319-337-3813

www.AgudasAchimIC.org

August 2025 / Av-Elul 5785



The Young Families Group's first sprinkler playdate at the synagogue was a success! We hope to do it again before the weather gets cold. If you didn't get an email from Sam inviting you to the last sprinkler play date and you'd like to make sure you get the next one, please text and let her know: 206-240-9799.

FROM THE PRESIDENT

Lori McMann

Summer, for me, has always been a time of rest and a break from the routines that govern life in spring, fall, and winter. Raised by two high school teachers, then teaching for many years myself, the ebb and flow of the school year will always feel like the "natural" rhythm of life to me.

I'm not sure if the verses of Chapter 3, the Kohelet in the Hebrew scriptures came to me first as by its Christian name, Ecclesiastes, or as Pete Seeger's words in the song *Turn, Turn, Turn* recorded by The Byrds. I cannot remember a time *before* I knew the expression, "To everything there is a season..." But summer, with its gifts of long, sunny days and changes in routine have always made me think of these well-known words.

For those who can follow summer's rhythm, its gifts are precious. There is more time for contemplation, reading, and pursuing the activities that fulfill us. There is time to spend with friends and family who live far away and can only be seen with carefully planned visits. There are chances to do activities we rarely indulge in during the rest of year--going to outdoor plays and concerts, fishing, bike rides and boat rides.

Summer, for me, has also meant a time of gathering strength and looking forward. This has been reflected in the first meeting of the new (2025-2027) Board of Trustees. There is an upcoming day-long retreat in August for Board members to gather, get to know each other more deeply, plan and craft our visions for our community.

Some committees, like the Ritual Committee, are already moving "full speed ahead" in this season

that feels quiet in other ways. The High Holidays will be upon us, and many services and activities entail tremendous planning. I have seen the Ritual Committee's detailed planning notes and thoughtful choices. The services led by volunteers through the month of July reflect their careful study and preparation of Torah portions and prayers. The Social Committee, which plans our delightful meals and Onegs for the High Holidays, has also kicked into gear. Since three of us who were active in the Social Committee were elected to other Board roles, it is also in a phase of rebuilding and seeking new members.



Picture courtesy of Myra Clark

Running through the High Holidays programming will be the theme of growth, in its many possible forms. Spiritually, I look forward to being part of another Mussar Pathways course, and to the unique day-long offering, "Dreaming in Jewish." Intellectually, dropping in to the Rabbi's Introduction to Judaism is a welcome chance to learn new insights about (possibly) familiar texts. I urge you all to read this and the September Bulletins for details of these opportunities as Elul approaches. Seeking growth as a community by sharing our activities is a worthy goal. I hope that you might invite those who are not affiliated with Agudas Achim to join in our many services and help them feel comfortable when they feel a little intimidated by ritual or new people. Finally, as you spend the summer days of the month of Av, I hope you take time for recreation (otherwise known as *re-creation*), contemplation, and reconnection to others to prepare you for the season to come.

FINANCIAL CORNER

Jayne Sandler

Sustaining our congregation for years to come...

A review of our membership indicates that individuals join the congregation for a range of reasons. Some aim to support Jewish traditions within the community, while others value providing their children with an education grounded in Jewish heritage. Ongoing affiliation may reflect longstanding involvement or evolving personal significance; likewise, some adults independently choose to embark on their own Jewish journeys. Every member plays a vital role in sustaining the congregation for both current and future participants, contributing to a lasting legacy.

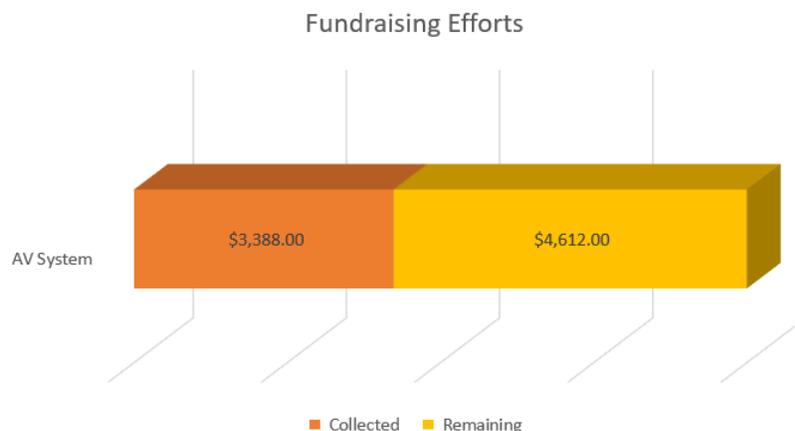
Legacy can be preserved through various forms of philanthropy, encompassing not only financial contributions but also the dedication of time and service. Membership dues represent one essential aspect of ongoing support for the congregation's operational needs. These dues should be viewed not as mere transactional obligations, but as a reflection of each member's connection and commitment to the community. However, ongoing engagement extends beyond dues alone. Each member possesses a passion that is integral to their experience of Judaism, and these individual interests present valuable endowment opportunities for the congregation—such as initiating special programs or focusing on particular topics. We encourage you to share which aspects of Jewish life are most meaningful to you. During the upcoming board term, a Board member will contact you to arrange a meeting to discuss how your unique commitment could serve as part of your enduring legacy. We appreciate your openness during these conversations as we endeavor to cultivate and sustain a vibrant, supportive Jewish community.

CONGREGATIONAL NEEDS FUNDRAISER

Our congregation regularly undertakes smaller fundraising initiatives that require support. Contributions of any size are welcomed and typically meet the immediate needs of these projects. If you have a particular interest in a specific initiative, we encourage you to consider offering your support.

Thanks to generous donations, we previously met our target for Torah Repairs.

The installed AV system currently lacks complete funding. Additional support for the fundraising effort would help to reach this funding goal.



ADULT EDUCATION COMMITTEE & RITUAL COMMITTEE
Ezra Hendelkin (Ritual) and Barney Sherman (Adult Education)

HIGH HOLIDAY EDUCATION

With the arrival of August, we on the Adult Ed and Ritual committees are already thinking about the High Holidays, which start September 22 this year! Please consider attending any/all of the following learning sessions we have arranged with Rabbi Esther.

Everyone is welcome to attend but sessions are intended primarily for those with beginner-level knowledge.

(Re)Introduction to the High Holidays

*Tuesday, August 19 and Tuesday, August 26
7:00 p.m., Agudas Achim Social Hall*

Wondering what Rosh Hashanah, Yom Kippur, and Sukkot are about? What is up with the shofar? Why are we building booths in our backyards? Join the "Introduction to Judaism" course for these two open sessions to find out.

Prayer Book Basics for the High Holidays

Agudas Achim Social Hall, 7:00 p.m.

Part 1 — Entering the Siddur: Wednesday, August 27

Part 2 — Entering the Machzor: Wednesday, September 3

Ever feel lost or confused during services? A two-part series, these sessions will (re)familiarize you with the structure of the Jewish prayer book (*siddur*) and then explore the unique elements of the High Holiday prayer book (*machzor*).

FUTURE TORAH READERS - YES, YOU!

You may have noticed new faces stepping forward to read Torah during services recently. They are the product of our first round of Torah reading classes, taught by Alicia Maxwell and Peter Rubenstein. We are so grateful to these teachers and proud of their students.

We would love to have more community members capable of reading Torah -- and one of them could be you! When you learn to read a Torah portion (*parsha*), you're doing a huge mitzvah, achieving greater competency, and keeping your mind sharp.

Please consider joining the next cohort of Torah readers. We anticipate the next round of classes will begin after the High Holidays. If you are interested or have questions, please email adulthood@agudasachimic.org or ritual@agudasachimic.org.



Picture courtesy of Myra Clark

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 with a simple movement practice that we can add to our daily routine. Everyone is welcome. No previous Yoga experience necessary! Optional: Towel or blanket

FOR MORE INFO: LESLEA-COLLINS@OUTLOOK.COM

SUNDAY AUGUST 3

2:00 P.M.

**AGUDAS ACHIM
401 E OAKDALE BLVD**



SHALOM AUSTIN

Texas Jewish
Community Center

**FRIDAY, JULY 25
AGUDAS ACHIM
ONEG AFTER SERVICES**



Flood Relief Oneg Fundraiser

DONATE DIRECTLY



**DONATE VIA
AGUDAS ACHIM**



VENMO: @AGUDASIC

**CASH OR CHECK ACCEPTED AT THE ONEG OR THE OFFICE
FUNDS WILL BE SENT AUGUST 5**

Thank you to those who have donated!
Donations for this fundraiser will still be accepted through August 5.



**BIG BROTHERS BIG SISTERS
OF
JOHNSON COUNTY**

READY, SET, SCHOOL!

SCHOOL SUPPLY EVENT

**PLEASE HELP BIG BROTHERS BIG SISTERS
PROVIDE SCHOOL SUPPLIES FOR 2,000
LOCAL K-12 STUDENTS**

Cash , check, or
electronic donations may
be made to agudas
achim before August 12

Scan the QR code
to order directly from
their Amazon wish list

Agudas Achim IC

@AgudasIC



venmo





Queer Jewish Meet Up

MONDAY, August 18, 6 TO 7 PM

Big Grove Iowa City

1225 S. Gilbert St.

**Anyone who identifies within the Jewish
and LGBT+ communities is welcome!**

Your first drink is free!



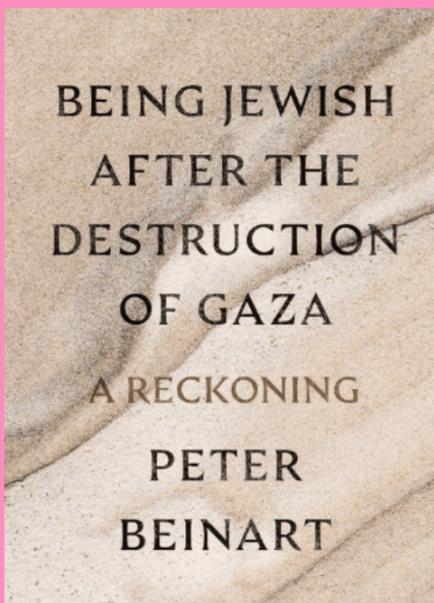
This event is associated with the Agudas Achim Congregation of Iowa City and Coralville.

Big Ideas In Jewish Books Club

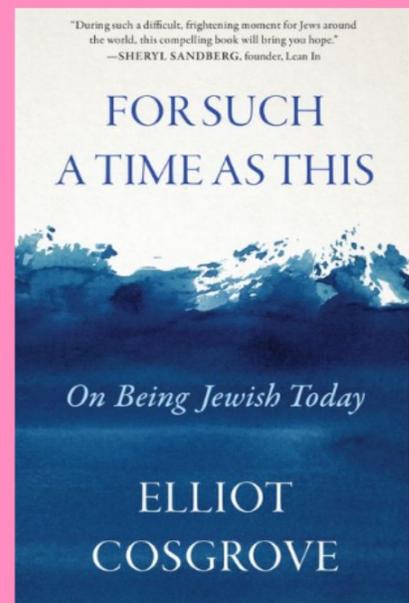


Come explore important Jewish ideas
at the Iowa City Public Library

Join us as we discuss two books that address the
Gaza crisis from two very different perspectives.



**ICPL, August 20
6:30-8 pm**



More info? Contact
adulted@agudasachimic.org

Big Ideas In Jewish Books Club

More info?
Contact
adulter@agudasachimic.org



Come explore important Jewish ideas at the Iowa City Public Library

June 24

'Judaism Without Tribalism' by Rabbi Rami Shapiro



July 23

'A Short History of the Jews' by Michael Brenner



August 20

'Being Jewish After the Destruction of Gaza' by Peter Beinart
&

'For a Time Such as This' by Rabbi Elliot Cosgrove



September 7

'On Repentance and Repair' by Danya Ruttenberg



Embodying Elul: Psalm 27 as Yoga Practice

Agudas Achim Congregation, 401 E Oakdale Blvd. Coralville

Sunday August 24 2pm -3pm

Psalm 27 is traditionally recited each day during Elul, the Jewish lunar month proceeding the High Holy Days. Join Yoga teacher, Mussar facilitator & cantorial soloist Lea Haravon Collins as we engage in this ancient tradition with a new twist (literally!). We will explore the Psalm's themes of strength, comfort, gratitude, petitioning & waiting through text study & Yoga postures.

We will come away from each gathering with a simple movement practice which can be coupled with a daily reading of Psalm 27 or used as you like to help you to prepare for the approaching Days of Awe.

No previous Yoga or Psalm-reading experience necessary!
Everyone, especially curious skeptics with tight hamstrings,
welcome.

A Yoga mat, large towel or blanket and a journal are recommended but not necessary.

For more information: leslea-collins@outlook.com

Dreaming in Jewish: A Retreat on Third Era Judaism

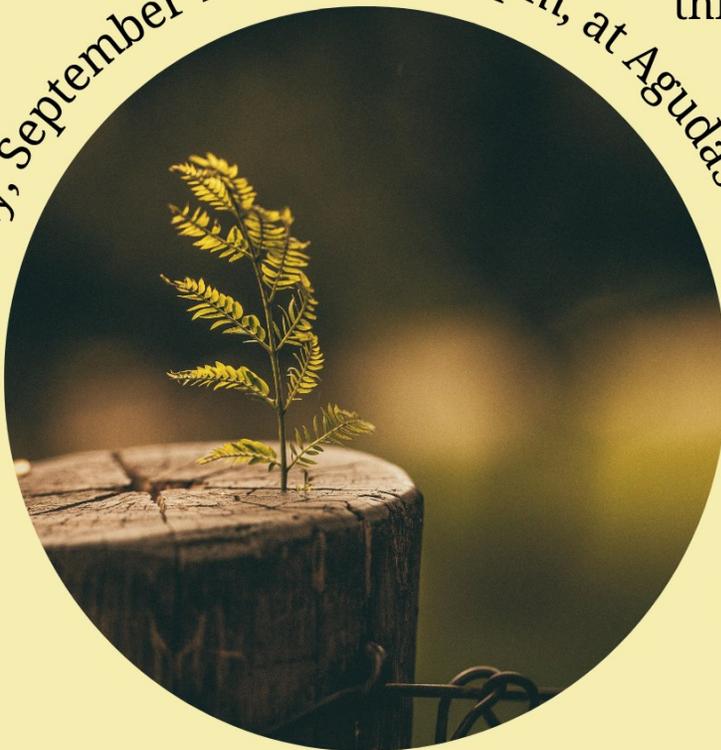
What happens when old systems crash, when the world as we know it is no longer sustainable?

Judaism's history is one of crashes and reinventions: reinventions that draw on ancient wisdom for the purpose of radical transformation.

Today's Judaism is again in the midst of a once-in-a-millennium transformation - to what Modern Orthodox Rabbi Yitz Greenberg calls "Third Era Judaism."

Join Lisa Heineman for a one-day retreat to learn about and participate in this radical transformation.

Sunday, September 14, 10:30-4:30 pm, at Agudas Achim.



Lunch provided.

Please plan to commit to the full length of the program.

RSVP to <https://forms.gle/KbqpCJACoJNK2Xiq5>

[RSVP here.](https://forms.gle/KbqpCJACoJNK2Xiq5)

SYNAGOGUE SENIORS



Last month, the Synagogue Seniors enjoyed a lovely brunch and program "Love and Music" presented by flutist Karen Charney and bassoonist Ben Coelho. This month, on Thursday, August 21, Synagogue Seniors will welcome Ryan Bobst, MSW, executive director of the North Liberty Food Pantry who will talk about food insecurity in our community and what we can do to help. If you are not on the Synagogue Seniors email list and would like to receive information about the group, please contact janezugin@gmail.com or kklipman@aol.com.



MAHJONG

Melissa Hill Jones will be teaching a learners' MahJongg table for new players at the synagogue. All ages and life stages are welcome to join us. Experienced players, as always, are welcome to join a player's table. Please bring your 2025 card if you have one.

[RSVP to Karen](#) [RSVP to Jayne](#) [RSVP to Corvin](#)

Upcoming Dates

Melissa will continue with a learners table on Aug 3 and Aug 10

Aug 3- Corvin

Aug 10- Karen

Aug 17- Corvin

Aug 24- Pending

Aug 31- Jayne



CARING COMMITTEE

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. [View this document](#) for general Meal Train information.

Corvin Greene

[Meal Train Link](#)

Corvin is undergoing cancer treatment and lives alone in Marion, IA. Cooking for one under these circumstances is tiring so gift cards for meal delivery would be especially helpful. These can be easily ordered through the Meal Train site with no additional fees. However, home cooked meals would also be great if that's something you can do and deliver. See the Meal Train for details.

WARM UP AMERICA

Therese Guedon, Jeanne Cadoret, & Jeanne Abrons

Warm Up America welcomes people of all ages. No experience or skills necessary.

We'll meet on Sundays, August 10th and 24th, and Sept. 7th and 21st, 10:30a.m. to noon, in the social hall.

Many of our members knit or crochet our all-synthetic 9" x 7" afghan patches, sew patches into afghans, or create borders at home.

We meet in the social hall for other steps, before delivering to local agencies like Houses to Homes, DVIP, Action for Youth, and Shelter House.

Join us?



JULY DONATIONS

GENERAL FUND

Sai Mukkamala

Emily Johnson

David Schapira: in memory of Abraham Dicker

Linda Kerber: in memory of Dick Caplan and
Dorothy Kaufman

Jody and Janie Braverman: in memory of
Morris Breggin, David Pitzele, &
Robert Braverman

Jody and Janie Braverman

Michael and Joanne Margolin

2ND CENTURY FUND

Mel and Diane Sunshine: in memory of Kalman
Sunshine

Marcus and Joan Nashelsky

CEMETERY FUND

Sam and Marj Kuperman: in memory of Burton
Frank

Rachelle Palnick and Naomi Tsachor: in memory of
Irene Palnick & Rabbi Zeke Palnick

GARDEN & LANDSCAPING FUND

Nancy Sprince: in memory of Craig Zwerling

TORAH FUND

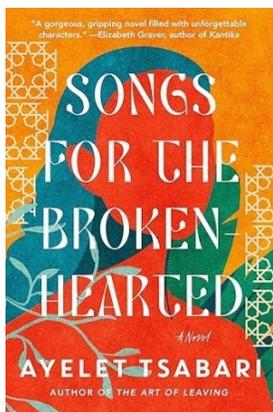
Ruth and Douglas Nathanson: in memory of Recha
Westheimer

WALK-IN-WALKIN'

If it's too darn hot and you still want to get out and exercise, the Synagogue is available 11:00a.m. - 1:00p.m. on Tues. and Thurs. for Walk-In Walkin' alone or in groups when the office is open.



LIBRARY NEWS



[NEW to our FICTION collection!](#)

“Like the protagonist of *Songs for the Brokenhearted*, Tsabari was born in Israel to a family of Yemeni background and has worked and traveled extensively outside of Israel. Here, she employs her insider – outsider perspective in ways that are psychologically astute and culturally sophisticated. This soaring novel does justice to it all: the feverish highs and lows of love affairs, personal and collective forms of grief, tempestuous family dramas, issues of gender and belonging, and Israel’s divisive politics.”

<https://www.jewishbookcouncil.org/book/songs-for-the-brokenhearted-a-novel>

JULY ONEG HOSTS

**Thank you to July’s oneg hosts:
Karen & Rich Lipman, Shawna Levy,
Lori McMann & Sonja Spear**

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

BOARD MINUTES

June board meeting minutes can be found [here](#).

BUDDY SYSTEM

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

SERVICE SCHEDULE FOR 2025

The schedule for 2025 can be found [here](#).

Trying to reach the office or someone else at the congregation?

Hannah: office@agudasachimic.org

John: administrator@agudasachimic.org

Rabbi Hugenholtz: rabbi@agudasachimic.org

Sonja: principal@agudasachimic.org

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

<p>Yiddish Study Group</p> <p>Mondays and Fridays at 10:30 a.m. via Zoom.</p>	<p>Book group</p> <p>Fourth Wednesday of every month at 1:00 p.m.</p>	<p>Talmud Study Group</p> <p>Sundays at 9:00 a.m. on Zoom.</p>	<p>Seniors Group</p> <p>Third Thursday of every month at 11:00 a.m.</p>	<p>Intro to Judaism Class</p> <p>Tuesdays at 7:00 p.m.</p>
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SHABBAT SERVICES

[Streaming link for Zoom services](#)

<p>Devarim <i>(Deuteronomy 1:1-3:22)</i></p>	<p>Friday, August 1 Saturday, August 2</p>	<p>7:00 p.m. 9:30 a.m.</p>	<p>Lev Shalem (Conservative) Mishkan T'filah (Reform)</p>
<p>Vaetchanan <i>(Deuteronomy 3:23-7:11)</i></p>	<p>Friday, August 8 Saturday, August 9</p>	<p>7:00 p.m. 9:30 a.m.</p>	<p>Mishkan T'filah Lev Shalem</p>
<p>Ekev <i>(Deuteronomy 7:12-11:25)</i></p>	<p>Friday, August 15 Saturday, August 16</p>	<p>7:00 p.m. 9:30 a.m.</p>	<p>Lev Shalem Mishkan T'filah</p>
<p>Re'eh <i>(Deuteronomy 11:26-16:17)</i></p>	<p>Friday, August 22 Saturday, August 23</p>	<p>7:00 p.m. 9:30 a.m.</p>	<p>Mishkan T'filah Lev Shalem</p>
<p>Shoftim <i>(Deuteronomy 16:18-21:9)</i></p>	<p>Friday, August 29 Saturday, August 30</p>	<p>7:00 p.m. 9:30 a.m.</p>	<p>Lev Shalem Mishkan T'filah</p>

AUGUST YAHRZEITS

<p>Morris Aizenberg Jack Balch Regina Brecher Samuel Brenner Barbara Brodsky Sam Brodsky Richard Caplan Harriet L. Clark Charlotte Cohn Brenna Davidson Abraham Dicker Rosa Dicker Helen B. Dunn Rebecca Engman</p>	<p>Rhona Fox Burton Frank Frank Phillip Friedland Anitra Haendel Ann Hecht Donald Herbach Dorothy Haber Kaufman Robert Kieso Robert Kubby Julius Kunik Deborah Levin Lillian Levine Liza Zabner Lublin Norman Madison</p>	<p>James Harry Persellin Marvin Pomerantz Josh Rephun Sam Saltzman Muriel Savin Joseph Schwartz Ned Siner Francis Smith Robert Soldofsky Morris Tiss Recha Westheimer Julie Whitebook Craig Zwerling</p>
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AUGUST SPECIAL EVENTS

Yoga with Lea	Agudas Achim	8/3	2:00 p.m.
Queer Group	Big Grove	8/18	6:00 p.m.
Big Ideas Book Club	ICPL	8/20	6:30 p.m.
Yoga with Lea	Agudas Achim	8/24	2:00 p.m.

See Mahjong / Warm Up America dates elsewhere in bulletin.

UPCOMING EVENTS IN ELUL

Date	Event	Leader	Notes
Tuesday August 19	Open Session Intro Class on High Holidays, part 1	Rabbi Esther	Synagogue, 7:00 - 9:00 p.m.
Wednesday August 20	Big Ideas in Jewish Book Club: 'For Such a Time as This' and 'Being Jewish After the Destruction of Gaza'	Rabbi Esther	ICPL, 6:30 - 8:30 p.m.
Tuesday August 26	Open Session Intro Class on High Holidays, part 2	Rabbi Esther	Synagogue, 7:00 - 9:00 p.m.
Wednesday August 27	Entering the Siddur, part 1 - prayer book basics for the High Holidays	Rabbi Esther	Synagogue, 7:00 - 9:00 p.m.
Sunday August 31	Pathways III Mussar Week 1: Welcome & Orientation	Lea Haravon Collins	Synagogue, 2:00 - 3:30 p.m.
Wednesday September 3	Entering the Machzor, part 2 - prayer book basics for the High Holidays	Rabbi Esther	Synagogue, 7:00 - 9:00 p.m.
Sunday September 7	Pathways III Mussar Week 2: Middah 1 Gratitude Va'ad	Lea Haravon Collins	Synagogue, 2:00 - 3:30 p.m.
Sunday September 14	Dreaming in Jewish: An all-day retreat on radical reimagining Judaism for our time	Lisa Heineman	Synagogue, 10:30 a.m. - 4:30 p.m.
Wednesday September 17	Big Ideas in Jewish Book Club on High Holidays: 'On Repentance & Repair', by R' Danya Ruttenberg	Rabbi Esther	ICPL, 6:30 - 8:30 p.m.

[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	Lori McMann	Religious School	Joseph Chase
President Elect	Lisa Heineman	Social	Margaret Phillips
Past President	David Lubaroff	Tikun Olam	Mallory Hellman
Vice President	Jayne Sandler	Ways & Means	Marcus Nashelsky
Treasurer	Marcus Nashelsky	Youth	Meyer Lehman & Hannah Sandler
Board Secretary	Ruth Nathanson	At Large 1	Samantha Brotman
Membership	Karen Lipman	At Large 2	Chuck Friedman
Ritual	Ezra Hendelkin & Bernie Miller	At Large 3	Sue Weinberg
Adult Ed	Barney Sherman		