



Agudas Achim Congregation

401 E. Oakdale Blvd., Coralville, IA 52241

Phone: 319-337-3813

www.AgudasAchimIC.org

High Holidays 5786

This High Holiday season, embrace compassion
and challenge in a complex world.



Our services are free as always (donations encouraged), but we are requiring registration for all attendees this year. Please register at this link:

<https://forms.gle/Wp5KvPyZPNxZh3LN9>

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

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

Webinar ID: 865 4000 3524; Passcode: 207965

This bulletin is digitally available on our website.

LETTER FROM THE RABBI

Esther Hugenholtz

We all know the adage ‘kids grow up so fast’. I know I do – I am in the thick of it as I prepare for the oldest to go to middle school and train for a B-Mitzvah while the youngest enters first grade and the middle child has triumphed at Jewish summer camp for a month! It seems that with the blink of an eye, they grow, they develop and they find their voice.

But kids aren’t the only ones who grow. All of us grow, in literal or metaphorical ways, in our different ways and seasons of life. Even as adults, we grow, develop and find our own voice. Growth and transformation are woven through our Jewish tradition. From the morning prayer ‘*Elohai neshama shenatata li, tehorah hi*’ – ‘my God, the soul You have given me, She is pure’ to the guidance and support we give at the moment of death, Judaism assumes that we all move through life, along an intricate spiral of personal milestones and the wheel of the year. It is when that wheel turns and points towards Elul and Tishrey – the High Holiday season – that the intentionality of growth becomes even more focused.

Every year, as your spiritual leader, I endeavor to set a theme. Admittedly, it is a bit of a magical process; part intuition, part guesswork, part taking the pulse of the times we live in. I have been honored to serve as the Rabbi of Agudas Achim for the better part of a decade and wow, have we been through a lot together. It seemed not long ago that we held Zoom-only High Holidays during COVID or that we processed the shock of October 7th and the devastating violence in Gaza. Living through our fluid and volatile world, it is a challenge to choose a

theme. It is my hope that the theme of **growth** will allow us to ground ourselves while facing these difficult times and take control of the ways in which we can have a positive impact. We cannot temper the storms that rage around us, but we can find ways to anchor our souls. That is what the High Holidays are about.

It is worth remembering that so much of our High Holiday liturgy was written under times of duress and instability; some of these prayers, like the

Judaism assumes that we all move through life, along an intricate spiral of personal milestones and the wheel of the year. It is when that wheel turns and points towards Elul and Tishrey – the High Holiday season – that the intentionality of growth becomes even more focused.

Unetaneh Tokef and even the *Acheinu* (which we recite weekly for the hostages) have become burnished with beauty under the face of hardship. Jewish history is not only lachrymose (tearful), as Salo Baron (often described as the greatest Jewish historian of the 20th century) posited. As we make honest space for our pain and worry in a time of death and hatred, we also remember that even in treacherous times, Jews created meaning, justice and community

through culture, learning and civic engagement—for the benefit of all. To cite Baron, who rose to prominence in the 1930’s, Jewish history knows both immense suffering as well as “repeated joy as well as ultimate redemption.”

Part of our spiritual growth during this holy season is to hold multiple truths at once, and, like a prism, let a greater light shine through. We confront both the reality of antisemitism and the brutality of war. We are asked to reflect on what it means for Jews to have power or to lack it. We grapple with questions of Jewish self-determination, what it means to be an American Jew in a changing social

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LETTER FROM THE RABBI

Esther Hugenholtz (cont.)

(Continued from page 2)

climate, how we can continue to build positive relationships with our neighbors under fraught conditions, and what it means to lay a spiritual and moral foundation of resilience, compassion and humanitarianism, in accordance with our proudest Jewish values. It is challenging enough to look inwards in order to foster personal growth; how can we become more patient and kind? How can we invest in the relationships that matter to us? How can we bring Jewish wisdom and sensitivity to the pressing questions of heart and home? How can we stretch our spiritual muscles to move through the world with less reactivity and more grace?

It is even more challenging for us to look outwards to our collectivity as a Jewish community: do our institutions uphold the values we cherish? What does it mean to seek to protect ourselves but also to hold power over others? After the rupture of the October 7th massacre and the terrible suffering in Gaza, what does it mean to be Jewish and to love humanity? What are the questions we should be wrestling with in order to transmit an honest and meaningful Judaism to the next generation?

In other words, we're ready for a growth spurt. And although growth spurts can be painful – ask any adolescent about shin splints or acne – they can also lead us to a more mature wisdom, a greater capacity for sacred community.

This High Holiday season, at Agudas Achim, we are going to draw from the deep wells of our ancestors' wisdom. Growth happens when we feel safe and secure, among friends and holy community. Growth happens when we can have honest reflections and conversations. Growth happens when we take stock and envision; when we confront what is painful and dream of what is beautiful. Only then will we continue to feel moored; only then can we build for, as in the words of the Prophet Jeremiah (who witnessed plenty of crises!), '*acharit v'tikvah*', 'a future and a hope.'

As 'God-wrestlers' (which is what 'Yisrael' means), growth means grasping for moral transcendence when it is our impulse to be reactive. It means listening and reckoning. It means deploying both grit and grace. Much like the time of Salo Baron, we stand at a juncture of Jewish history. Many of our assumptions about what it means to be a 21st century American Jew are being recast. Many of our hopes for peace and coexistence in the Middle East have been dashed. Many of our worries in a time of rising authoritarianism, antisemitism and anti-immigrant sentiment trigger the amygdala (the 'fear' center of the brain) rather than transforming our prefrontal cortex (the 'higher order' and 'morality' center of our brain). Growth means reaching higher and higher from a foundation of trust and honesty. It means questioning freely, without litmus tests or agendas, what it means to be a Jew today; the bearer of a great moral tradition, when the gap between 'what is' and 'what ought to be' feels wider than in generations.

This High Holiday season, we will grow our moral muscles. We will sit with difference, dissent and heartache. We will grieve and reflect on mortality and the immense and cruel loss of life we are all proxy witnesses to. And we will rise from our solemnity with renewed strength and resilience to greet the New Year with a budding joy and envision a better and more hopeful future for all of us.

We have work to do. I am so honored to do it with you; in sacred community, with hearts full of love and trust for each other, as befitting of our community's name: 'Agudas Achim', a fellowship of siblings. *Mishpochah* is here for you.

Wishing you a transformational Season of Awe, full of sweetness and hope.

L'shanah tovah u'metukah, a sweet and happy 5786.

MESSAGE FROM THE PRESIDENT

Lori McMann

I write this amidst the bustle of behind-the-scenes preparation by our committees and professional staff for the High Holidays. Our preparation runs from spiritual to convivial: from planning religious services to coordinating Oasis Falafel lunch, from examining Torah scrolls to publicizing the Not-Just-Honey-Cake Oneg, and everything in between. I feel excitement, tinged with a hint of anxious anticipation, to spend my first High Holidays as President, given the responsibility that comes with this position.

When I first saw the Agudas Achim sanctuary, I remember being awed by the beauty of our magnificent carved wooden ark. I was equally impressed to discover the number and variety of activities in our synagogue community, given our relatively small-in-numbers size. I learned that, in contrast to other synagogues, there were no tickets required for High Holidays, much less a monetary contribution. This is Agudas Achim's long-standing principle, to be open as a resource for all who wish to share in the High Holidays.

This is made possible by the generosity of those who came before us to build Agudas Achim over the years into the vibrant community it is, with a space that fosters spiritual reflection and meaningful personal connections. This also makes me feel one of my responsibilities more acutely: to move Agudas Achim forward on a path to ensure its future.

How do we do this? I did indeed write "we", because everyone here matters. Whether you have attended High Holiday services your whole life or it is your first time, our community is what it is because of our wealth of different people and experiences. The "short answers" to the question of how to assure our longevity are "your participation" and "your financial support." Your participation in activities and your presence at services is our reason for being. Income from donations, both throughout the year and at the High Holidays, is essential to our community's existence, whether to maintain the building that shelters us, buy the refreshments, make the photocopies, or pay our dedicated professionals. When you read the High Holiday request for donations, I hope you will keep in mind that every single financial donation matters, in any amount.

You will notice some new safety measures this year. Everyone, whether a member or not, will be asked to fill out a brief registration form, so we will know who's joining us for services. Because many kinds of emergencies and natural disasters occur, we will take a few minutes on Rosh Hashanah this year to explain the evacuation plan and emergency procedures. We hope that fulfilling the mitzvah of protecting everyone's well-being will help you feel empowered in the face of unexpected events.

The High Holidays mark a new beginning for each of us, with new possibilities. I hope that you find renewal, growth, and sweetness to begin 5786.

L'Shana Tovah tikatevu.



Elul & Tishrey Activities (more information further in bulletin)

Sunday, August 24

Elul Yoga 2:00-3:00 p.m.

Tuesday, August 26

Open Session Intro Class on High Holidays, part 2 7:00-9:00 p.m.

Wednesday, 27 August

Entering the Machzor, part 1– prayer book basics for the High Holidays 7:00-9:00 p.m.

Wednesday, September 3

Entering the Machzor, part 2– prayer book basics for the High Holidays 7:00-9:00 p.m.

Saturday, September 6

Fighting Toxic Polarization– Introduction to the Science of Toxic Polarization, One America Movement with Lea Haravon Collins 12:30-2:00 p.m. (after services)

Sunday, September 14

Dreaming in Jewish with Lisa Heineman 10:30 a.m.-4:30 p.m.
[RSVP required](#)

Wednesday, September 17

Big Ideas Book Club on High Holidays ICPL 6:30-8:30 p.m.
Danya Ruttenberg's 'On Repentance & Repair'

Sunday, September 21

Challah Bake with Charles Packard 12:00 p.m.

Saturday, September 27

Shabbat Shuvah Mussar: Is it for you? 12:30-2:00 p.m. (after services)
Oneg & panel with Pathway participants & Lea Haravon Collins

Sunday, October 5

Sukkah Build 9:30 a.m.-12:30 p.m.

Services are listed separately on the next several pages.

Selichot 5786

Saturday, September 13

Selichot

9:00 p.m.

Rosh Hashanah 5786

Monday, September 22 (first night)

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

Erev Rosh Hashanah Service (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
Please bring desserts– see guidance later in this bulletin

Tuesday, September 23 (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

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

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

Wednesday, September 24 (second day)

Rosh HaShanah Morning Service (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.

Friday, September 26

Shabbat Shuvah Service 7:00 p.m.

Saturday, September 27

Shabbat Shuvah Service 9:30 a.m.

On the first day of Rosh HaShanah (September 23), child care will be available for children under the age of eight from 9:30 a.m. to 1:00 p.m. [Please sign up here in advance.](#)

May you be inscribed for a good year **לשנה טובה תכתבו**

Kever Avot

Sunday, September 28

Kever Avot Service at Agudas Achim Cemetery– Zoom not available

11:00 a.m.

Yom Kippur 5786

Wednesday, October 1

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.

Thursday, October 2

Yom Kippur Morning Services

Conservative service– rabbi-led; Sanctuary; Zoom available
Reform service– lay-led; Social Hall; Zoom not available
Children’s Service-8 and younger

8:30 a.m.
9:30 a.m.
10:00 a.m.

Yom Kippur Learning Sessions

After Service

During the afternoon pause between Yom Kippur services, we’ll offer opportunities for learning in community at the synagogue. If you’d like to develop a session - or want to do some brainstorming - contact Barney Sherman at AdultEd@agudasachimic.org ASAP.

Yizkor & Afternoon services

As usual: *Lev Shalem* w/musical elements; Sanctuary; Zoom available.

Yizkor
Minchah (Afternoon Service)
Neilah (Closing Service)
Children’s Supper in the Tent
Havdalah and Blowing of Shofar

4:30 p.m.
5:00 p.m.
6:30 p.m.
6:30 p.m.
7:45 p.m.

Break-fast at the synagogue

After service

Sign up to bring food [here](#), or contact the [social committee](#).

Child care will be available for children under the age of eight on Thursday, October 2 from 9:30 a.m.-noon and 6:00-7:45 p.m. Please note that services may continue past noon. You may welcome your kids into 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 5786

Monday, October 6

Sukkot Evening Service 6:30 p.m.

Tuesday, October 7

Sukkot Morning Service 9:30 a.m.

Wednesday, October 8

Sukkot Morning Service 9:30 a.m.

October 7th Commemoration. More information later in bulletin.

Tuesday, October 7

Commemoration of October 7th with prayers for the hostages 7:00 p.m.

Gaza Reflection Service. More information later in bulletin.

Thursday, October 9

Service honoring lives lost in Gaza 7:00 p.m.

Shemini Atzeret 5786

Monday, October 13

Shemini Atzeret Evening Service 6:30 p.m.

Tuesday, October 14

Shemini Atzeret Morning Service 9:30 a.m.

Simchat Torah 5786

Tuesday, October 14

Family-friendly Dinner 6:00 p.m.

Erev Simchat Torah Service 6:30 p.m.

Wednesday, October 15

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

MEALS AND RECEPTIONS

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

Wine and Cheese Reception

Monday September 22, 7:00 p.m.

Wine & Cheese Reception

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 (September 22), to enjoy cheese, fruit, and wine (or a nonalcoholic beverage)! Children are welcome to attend as well. All attending services are welcome to this free event; no RSVP requested!



Not-Just-Honeycake Oneg

Monday September 22, after evening services

See next page for guidance on what to bring.

Rosh HaShanah Day 1 Lunch

Tuesday September 23, immediately following morning services

A pareve Israeli lunch will be catered by Oasis Falafel. The lunch order must be placed a week ahead, so to assist our planning please [RSVP here](#) no later than September 15. (If you miss the RSVP date, don't worry - no one will be turned away). There is no charge for the lunch, but donations to the synagogue are always welcome.

Yom Kippur Break-Fast

Wednesday September 24, after evening services

All are welcome. Sign up to bring food [here](#)

Dear Agudas Achim members,

Before you know it the first night of Rosh Hashanah will be here! And with it, 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 Monday, September 22.

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 8:00 p.m. 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.

Thanks and L'Shanah Tovah!
Agudas Achim Social Committee



What should I bring?

Yes, please!

- 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 thanks!

- 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)

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 at this link](https://forms.gle/KbqpCJACoJNK2Xiq5) (<https://forms.gle/KbqpCJACoJNK2Xiq5>)

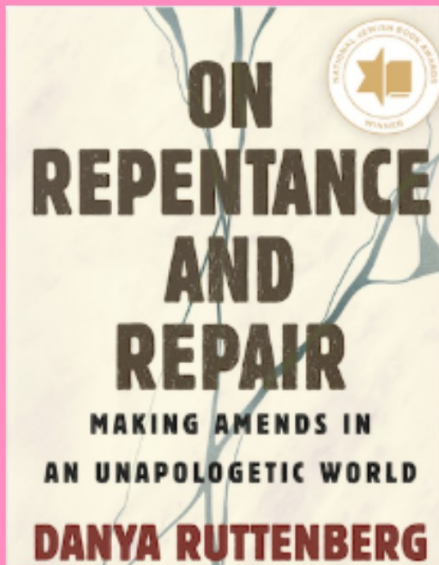
ICPL
September 17
6:30-8 pm

Big Ideas In Jewish Books Club



Come explore important Jewish ideas
at the Iowa City Public Library

Join us as we discuss Danya Ruttenberg's
'On Repentance & Repair'.



More info? Contact
adulted@agudasachimic.org



PRE-ROSH HASHANAH PARK MEETUP

Join Agudas Achim Young Families for a pre-Rosh Hashanah park playtime on Saturday, September 20 from 3:30 p.m. to 4:45 p.m. at Centennial Park in North Liberty

Children 6 and under welcome, as well as their families, siblings and grandparents.

Snacks and a holiday craft provided.

**RSUP TO NICOLE AT NNAGIN3@GMAIL.COM
WITH NAMES OF ATTENDEES AND AGES.**

Saturday,
September 27
Noon

Mussar: Is it for you?

Join Lea Haravon Collins, Ph.D., certified Mussar facilitator, yoga instructor, and cantorial soloist, to learn about and practice the Jewish spiritual wisdom of Mussar.

Already taken Pathways I and II?
Join Lea for Pathways III!

August 31 Week 1: Welcome & Orientation

September 7 Week 2: Middah 1 Gratitude Va'ad

September 21 Week 4: Middah 2 Honor Va'ad

October 5 Week 6: Middah 3 Trust Va'ad

October 19 Week 8: Middah 4 Faith Va'ad

November 2 Week 10: Integration Va'ad

Questions? Email Lea at leslea-collins@outlook.com

Sukkah Build



2025/5786

Join us Sunday, October 5 from 9:30 a.m. to
12:30 p.m. to help build and decorate the
sukkah! Snacks provided- all help welcome!
No RSVP required and we need lots of
volunteers!





October 7th

*Remembering the dead,
honoring the hostages*

Join us for a contemplative and prayerful ceremony to remember the victims of the October 7th massacre and pray for the release of the remaining hostages.

You are invited to bring a personal memento or a stone (for placing in the Biblical garden at the synagogue, as an act of remembrance) to this event.

The service will close with the recitation of the Mourners' Kaddish.

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

#BringThemHomeNow

**Tuesday, October 7th, 7 pm
Agudas Achim Synagogue,
All are welcome**

'FOR THESE THINGS, I WEEP'

LAMENTATIONS 1:16

BRINGING JEWISH WISDOM AND
COMPASSION AS WE SIT WITH THE
SUFFERING OF GAZA

All are welcome to this solemn gathering as we grapple with our grief over the loss of life in the Gaza Strip. Drawing on Jewish rituals of mourning, this will be a contemplative and interactive service with sharing, prayer and song.

THURSDAY, OCT 9,
7 PM AT AGUDAS ACHIM.

THIS CEREMONY WILL TAKE PLACE IN THE SYNAGOGUE SANCTUARY,
AGUDAS ACHIM CONGRGATION, 401 E. OAKDALE BLVD, CORALVILLE

STAY CONNECTED ON INSTAGRAM @IOWACITYJEWS

HIGH HOLIDAYS INFORMATION

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.

ROSH HASHANAH MEAL HOSPITALITY

Togetherness and a special meal are part of how we spend the High Holidays, but finding and making plans can be a challenge. We would like to offer High Holiday meal matching hospitality to our members. Would you like to host an individual or family, or be hosted for a lunch or dinner meal on Rosh Hashanah?

Please email our membership committee by September 8 at membership@agudasachim.org with your contact info. List any dietary practices or restrictions, both for hosts and guests, and include the number you can host / the number you need hosted, and for which Rosh Hashanah meal. We will work to find you a match!

COVID & IN-PERSON ATTENDANCE

As has been typical in summer, 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. Ways to minimize chances of infection include wearing an effective mask (such as KN95) and getting a booster vaccine.

The policy at Agudas Achim is to welcome and support mask wearing for those who choose to do so. 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.

MACHZOR PICKUP FOR HOME USE

If you would like to borrow machzorim for home use, please contact the office prior to the High Holidays. As our services will be a mix of Reform and Conservative, both will be available for checkout. 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 \$55 for either book.

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

SELICHOT

SATURDAY SEPTEMBER 13, 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](#).

ROSH HASHANAH WINE & CHEESE RECEPTION, ONEG, AND CONGREGATIONAL LUNCH

The Social Committee is organizing a series of 'culinary opportunities' around the High Holidays. A celebratory wine & cheese 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 served 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 Margaret Phillips, Social Committee Chair, social@agudasachimic.org.

KEVER AVOT (GRAVES OF THE ANCESTORS)

SUNDAY SEPTEMBER 28, 11:00 A.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

THURSDAY OCTOBER 2, 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 Thursday, September 25. 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 congregation will bring the High Holidays to a close with a Break-Fast in the Social Hall. 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 social committee.

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. Orders must be placed by September 11. 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. Quality options / prices listed on form above.

FOOD DRIVE FOR CORALVILLE FOOD PANTRY

Agudas Achim will once again have a food drive during the High Holidays. Our donations will go to The Coralville Community Food Pantry. 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.

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 HOLIDAYS SECURITY- BE AWARE & FEEL CONFIDENT

As many of you know, there continues to be an increase in antisemitism throughout our country, including threats and acts against Jewish institutions. There continue to be rumors of further escalation as we approach the 2nd 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, whether we are at home, in public or in our 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. This year, we are additionally instituting registration for synagogue services, in addition to other security-related changes. The link to register can be found on the front page of this bulletin.

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 5786, with an abundance of (Jewish) joy, friendship and connection.

Please Note

The office will be
CLOSED:

Monday, September 1

Tuesday, September 23

Wednesday, September 24

Thursday, October 2

Tuesday, October 7

Wednesday, October 8

Tuesday, October 14

Wednesday, October 15

Save the Date: Bazaar and Hanukkah Party, December 14!

Our Makers & Creators Hanukkah Bazaar is back! Adjoining our annual Hanukkah party on Sunday December 14th, this will be your chance to bake, make, create or showcase your published work.

Are you a knitter, crocheter, fiber artist, painter, illustrator, baker, craftsperson or another type of creative or published author and a member of Agudas Achim? This is your chance to shine and sell your goods among friends. This Fall would be a good time to build up your stock! More details to follow after the High Holidays, including registration.



Agudas Achim Congregation

High Holidays Food Drive

In Support of:



Food Pantry Wish List

- *Monetary donations
- *Baby food
- *Diapers (adult & children, all sizes)
- *Period products (tampons, pads, etc)
- *Personal care products (toilet paper, shampoo, soap, etc)

The Food Pantry encourages their supporters to refrain from donating canned goods, as they are able to access those foods at a much cheaper price.

Cash or checks made out to Coralville Food Pantry 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](#)

STAFF

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

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