



HAMAKOR המקור

THE SOURCE

United Hebrew Congregation

Congregation Achdut Yisroel
Established in St. Louis in 1837
First Jewish Congregation West of the Mississippi River

March/April 2024/5784
Volume XCXIII No. 4



PURIM 2024 AT UNITED HEBREW

3/13 Hamantaschen Bake
Wednesday, 6:00 PM

3/13 Whiskey & Wisdom
Wednesday, 7:30 PM

3/23 Adult Purim Social
Saturday, 7:00 PM

3/23 Megillah Reading
Saturday, 8:00 PM

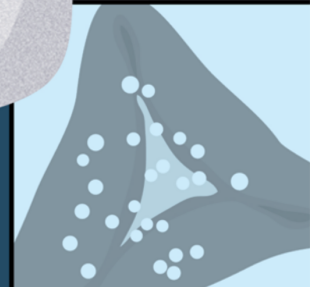
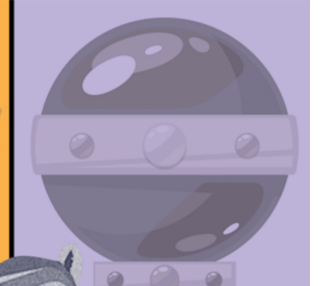
3/24 Purim Shpiel
Sunday, 10:45 AM

3/24 Purim Carnival
Sunday, 11:30 AM

3/29 Disney® Shabbat
Friday, 6:30 PM



*In Our
Shushan
Era*



Passover

April 22 - 29

unitedhebrew.org/passover



Shabbat Schedule

In-Person, Zoom, Live stream, and Facebook

March 2024

Friday, March 1

6:30 p.m. Shabbat Service
Children & Adult Birthday Blessing
7:30 p.m. Dessert Oneg

Saturday, March 2

Adar I 22 5784

Ki Tisa

9:00 a.m. Torah Study
10:30 a.m. Family Shabbat Morning Service

Friday, March 8

6:30 p.m. Shabbat Alive! with Rick Recht

Saturday, March 9

Adar I 29 5784

Vayak'heil

9:00 a.m. Torah Study
10:30 a.m. Shabbat Morning Service

Friday, March 15

5:30 p.m. Tot Shabbat
5:45 p.m. Shabbat Nosh
6:30 p.m. Shabbat Service
Anniversary Blessings

Saturday, March 16

Adar II 6 5784

P'kudei

9:00 a.m. Torah Study
10:30 a.m. Shabbat Morning Service

Friday, March 22

6:30 p.m. Shabbat Service

Saturday, March 23

Adar II 13 5784

Vayikra

9:00 a.m. Torah Study
10:30 a.m. Shabbat Morning Service

Friday, March 29

6:30 p.m. Disney Shabbat Service

Saturday, March 30

Adar II 20 5784

Tzav

9:00 a.m. Torah Study
10:30 a.m. Shabbat Morning Service

April 2024

Friday, April 5

6:30 p.m. Shabbat Service
Children & Adult Birthday Blessing
7:30 p.m. Dessert Oneg

Saturday, April 6

Adar II 27 5784

Sh'mini

9:00 a.m. Torah Study
10:30 a.m. Family Shabbat Morning Service

Friday, April 12

6:30 p.m. Shabbat Service

Saturday, April 13

Nisan 5 5784

Mishpatim

9:00 a.m. Torah Study
10:30 a.m. Shabbat Morning Service

Friday, April 19

5:30 p.m. Tot Shabbat
5:45 p.m. Shabbat Nosh
6:30 p.m. Shabbat Service
Anniversary Blessings

Saturday, April 20

Nisan 12 5784

M'tzora

9:00 a.m. Torah Study
10:30 a.m. Shabbat Morning Service
Bar Mitzvah of Grant Pellenberg
Son of Dr. Rod Pellenberg and Dr. Abigail Hoffman
1:00 p.m. Singing Bowls Meditation
6:00 p.m. Shabbat HaGadol Chametz Party

Friday, April 26

6:30 p.m. Shabbat Service

Saturday, April 27

Nisan 19 5784

9:00 a.m. Torah Study
10:30 a.m. Shabbat Morning Service

Mazel Tov to our B'nai Mitzvah



Grant Pellenberg
April 20, 2024
10:30 a.m.

SHABBAT ALIVE!
with
UH Artist-in-Residence
Rick Recht
Friday, March 8
AT 6:30 PM

Tot Shabbat
Come and Join us for Tot Shabbat every
3rd Friday of the month at 5:30 pm in the
Spielberg Chapel
March 15
April 19
May 17

Family Shabbat
Saturdays 10:30 am
Millstone Sanctuary
March 2
April 6

Together with our clergy and music specialist Greta Rosenstock, we'll celebrate Shabbat "camp style." Each Family Shabbat Service will have participation by UH's religious and Hebrew school students.



March & April Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 25 9 am K-5 RS 11:15 am Youth Choir Rehearsal 11:30 am 6-10 RS	26 1:30 pm Chair Exercise Class - Zoom	27 1 pm Crochet/Knit Group 7 pm UH LEADS	28 6 pm Intergenerational Game Night	29 10 am Adult Hebrew 11 am AGA	March 1 6:30 pm Shabbat Service 7:30 pm Dessert Oneg	2 9 am Torah Study 10:30 am Family Shabbat Morning Service
3 9 am K-5 RS 11:15 am Youth Choir Rehearsal 11:30 am 6-10 RS 1 pm Gaga Tournament 4:30 pm UH Upper Class	4 1:30 pm Chair Exercise- Zoom	5 1 pm Crochet/Knit Group 7 pm UH LEADS	6	7 10:00 am Adult Hebrew 11:00 am AGA 1:30 pm Susan Kaplansky Book Club	8 6:30 pm Shabbat Alive!	9 9 am Torah Study 10:30 am Shabbat Morning Service
10 9 am K-5 RS 11:15 am K-2 Grade Hangout 11:30 pm 6-10 RS 12:30 pm 3-5 Grade Hangout 7 pm Dilemma and Coffee with Ofer	11 11 am American Red Cross Blood Drive 1:30 pm Chair Exercise Class - Zoom	12 1 pm Crochet/Knit Group	13 6 pm Hamantaschen Bake 7:30 pm Whiskey & Wisdom	14 10 am Adult Hebrew 11 am AGA	15 5:30 pm Tot Shabbat 5:45 pm Shabbat Nosh 6:30 pm Shabbat Service	16 9 am Torah Study 10:30 am Shabbat Morning Service
17	18 1:30 pm Chair Exercise- Zoom	19 1 pm Crochet/Knit Group	20 7 pm Board of Trustees	21 10 am Adult Hebrew 11 am AGA	22 6:30 pm Shabbat Service	23 9 am Torah Study 10:30 am Shabbat Morning Service 7 pm Purim Social 8 pm Megillah Reading
24 9 am K-5 RS 10:45 am Purim Shpiel 11:30 am Purim Carnival	25 1:30 pm Chair Exercise- Zoom	26 1 pm Crochet/Knit Group	27	28 10 am Adult Hebrew 11 am AGA	29 6:30 pm Disney Shabbat Service	30 9 am Torah Study 10:30 am Shabbat Morning Service
31 9 am K-5 RS 11:15 am Youth Choir Rehearsal 11:30 am 6-10 RS	April 1 1:30 pm Chair Exercise- Zoom	2 1 pm Crochet/Knit Group	3	4 10 am Adult Hebrew 11 am AGA 1:30 pm Susan Kaplansky Book Club	5 6:30 pm Shabbat Service 7:30 Dessert Oneg	6 9 am Torah Study 10:30 am Family Shabbat Morning Service
7 9 am K-5 RS 11:15 am Youth Choir Rehearsal 11:30 am 6-10 RS 4:30 pm UH Upper Class	8 1:30 pm Chair Exercise Class - Zoom	9 1 pm Crochet/Knit Group 6:30 pm Women's Seder	10 7:30 pm Whiskey & Wisdom	11 10 am Adult Hebrew 11 am AGA	12 6:30 pm Shabbat Service	13 9 am Torah Study 10:30 am Shabbat Morning Service
14 9 am K-5 RS 11:15 am K-2 Grade Hangout 11:30 am 6-10 RS 12:30 pm 3-5 Grade Hangout	15 1:30 pm Chair Exercise Class - Zoom	16 1 pm Crochet/Knit Group	17 7 pm Board of Trustees	18 10 am Adult Hebrew 11 am AGA	19 5:30 pm Tot Shabbat 5:45 pm Shabbat Nosh 6:30 pm Shabbat Service	20 9 am Torah Study 10:30 am Shabbat Morning Service <i>Bar Mitzvah of Grant Pellenberg</i> 1 pm Singing Bowl Meditation 6 pm Shabbat HaGadol Chametz Party
21 9 am K-5 RS 11:15 am Youth Choir Rehearsal 11:30 am 6-10 RS 5 pm Family Holiday Cooking Series - Passover	22 School Closed - Conferences 9 am Fast of the Firstborn Study and Siyum 6 pm 1st Night Passover Seder	23 Offices Closed 9 am Passover Morning Service 10 am Matzah Fry	24 6 pm Intergenerational Game Night	25 10 am Adult Hebrew 11 am AGA	26 6:30 pm Shabbat Service	27 9 am Torah Study 10:30 am Family Shabbat Morning Service
28 9 am K-5 RS 11:30 am 6-10 RS	29 9 am Passover Yizkor Service	30 1 pm Crochet/Knit Group	May 1	2 10 am Adult Hebrew 11 am AGA 1:30 pm Susan Kaplansky Book Club	3 6:30 pm Shabbat Service 7:30 pm Dessert Oneg	4 9 am Torah Study 10:30 am Family Shabbat Morning Service <i>Bat Mitzvah of Eve Berger</i> 12:30 pm Pirket Avot Class



Clergy Message - Rabbi Rosenberg



One day an old farmer was working in the field with his sick horse. The farmer felt compassion for the horse and wanted to lift its burden. So, he let the horse loose to go to the mountains to live out the end of its life. His neighbors said, "How terrible. Now your only horse is gone. How unfortunate you are! You must be incredibly sad." The farmer replied, "I don't know if it is good or bad, I only know that my horse needed to go."

Two days later the horse returned, followed by twelve new younger and healthier horses which followed the old horse into the corral. The neighbors cried, "How fortunate you are! You must be incredibly happy." Again, the farmer replied, "I don't know if it is good or bad, I only know that I now have many horses."

The next day, the farmer's only son attempted to train the wild horses, when he was thrown to the ground and broke his leg. The neighbors shook their heads, "What a tragedy! You'll have to do all the work yourself. You must be incredibly sad." The farmer said, "I don't know if it is good or bad, but my son has a broken leg now."

Several days later, the emperor's men arrived in the village to conscript all the young men into the army. The farmer's son was deemed unfit because of his broken leg. "How fortunate!" cried the neighbors, as their own sons were marched away, "You must be very happy."

The story does not end there, of course. Our tradition teaches us that both blessing and curse are experienced together in life, and much depends on our perspective. Of course, many of us struggle with tragedies in life, but the message of the story is that we always have a choice in the way we respond.

This month we celebrate the holiday of Purim in which Esther was put into the unfortunate position of having to choose how she would respond to Mordechai's plea that she was the one who could save her people. Oy! A big burden to put on one person! Her choices?

1. Put her life at risk on account of her people and speak with the king without a scheduled meeting or 2. Choose herself and simply do nothing and of course potentially be at risk anyway, once it was discovered that she was Jewish. Blessing and curse existed side by side in that moment, no one but Esther could make the decision, and yet Mordechai reminded her that she wasn't alone, that she didn't have to go it alone, that the community would be with her, they would fast with her. He reminded her that perhaps she was put in the palace for a reason, that perhaps there was a "higher power" with her, too.

Daily, we face the good and the bad, blessing and curse, and of course, each day, we have the choice as to how we will respond in any and all situations. Will we choose to see only the bad, only the curse? Or will we recognize that it isn't always about good or bad, happy, or sad, but about finding the blessing or the blessings – in each moment of our lives.

There is a rabbinic phrase, which many of you have heard because I love teaching it, "gam zu la tova – this is also for good." It is a phrase the rabbis used to remind them that in every moment, in the choices they made, there was blessing and potential. That potential and blessing came because of their faith in God and faith in themselves. As we celebrate Purim and look ahead to Pesach (Passover) when we remember and celebrate our freedom, may we consider our own choices, how we act and react, and perhaps in these months, knowing that we are not alone, we can greet each day, saying, "gam zu la tova" recognizing that in the midst of the good and bad, there is blessing!

Brigitte Rosenberg

Celebration of Cantor Ronald Eichaker

Saturday, June 8, 2024

R&R Ranch

4-7 pm

We look forward to celebrating the 25 years Cantor Eichaker has served United Hebrew Congregation as he becomes Cantor Emeritus. The celebration event is chaired by Stacy, Belle and Marie Rolfe. If you are interested in being on the celebration committee, please check the UH website for additional information or call the UH office at 314-469-0700.



President's Message - Jim Susman



By the time you read this issue of *HaMakor* we will all be settled into 2024. As I said at the congregation's Annual Meeting in December, I am happy to be the President of United Hebrew. It's an honor I take very seriously.

As we enter March, spring is just around the corner and that can only mean two things: Purim is upon us followed by Passover. Your United Hebrew family has something for everyone in the family for Purim. First up will be a Hamantaschen Bake on Wednesday March 13 with the Megillah reading on Saturday, March 23. On Sunday, March 24 will be the annual Purim Shpiel where we tell the story of Esther and Haman (boo!) with the added twist of the story accompanied by Taylor Swift songs. Following the Purim Shpiel will be our annual Purim Carnival. Don't forget about the Mishloach Manot (aka Purim Gifts). The Purim bags will contain hamantaschen and other treats and can be purchased and delivered to your family and friends.

Shortly after Purim will be Passover with our Congregational Passover Seder on Monday, April 22. Led by our amazing Clergy and many congregational families, the Seder is sure to be a delight for everyone. In addition to the Seder on Monday, April 22 there will be a Family Holiday Cooking Series at 5pm on Sunday, April 21. The Temple's Annual Women's Seder will be in the Messing Auditorium on Tuesday, April 9 at 6:30.

And for those of you who may want something a little "lighter," join Rabbi Reinhart on Wednesday, April 13 for an hour or so of Whiskey and Wisdom in the Kaplansky Center at 7:30 p.m. If Whiskey and Wisdom isn't your "cup of tea," then join Rabbi Reinhart on April 24 for an evening of Intergenerational Games at 6:00 p.m. in the Kaplansky Center. Bring your own games or play one of ours. Passover snacks and drinks will be provided.

Adult Education Opportunities


Our adult education classes are multi-access, both virtual and in-person.

Shabbat Morning Torah Study Saturday mornings	<i>Cantor and Rabbis</i> 9:00 a.m. – 10:00 a.m.
Whiskey & Wisdom Mar. 13 & Apr. 10	<i>Rabbi Reinhart</i> 7:30 p.m.
Adult Intermediate Hebrew Thursdays	<i>Suzy Weber</i> 10:00 a.m.
Amateurs of the Great Assembly Thursdays	<i>Cantor Eichaker</i> 11:00 a.m.—12:30 p.m.
Spring Pirkei Avot Course Saturdays April 27th - June 8th	<i>Cantor Eichaker</i> 12:30 p.m.—2:00 p.m.

Pirkei Avot (Ethics [Chapters] of [the] Fathers ((Sages))) have been traditionally studied between Passover and Shavuot for over 350 years. It's words have been studied, quoted, and lived since the origins of the Talmud (c. 200-400 CE). This second-to-last tractate in the order of Nezikin in the Talmud, Pirkei Avot will be presented and discussed in a unique fashion. Selected teachings will become prompts by which participants will be able to learn, develop, and practice the ancient skills of Mahloket L'sheim Shamayim (arguing for the sake of heaven) – in the style of those who crafted the Talmud – and constructive disagreement or "bridging differences". Participants will learn Four Core Discussion Norms of Discussion, and Four Conditions for Intergroup contact.

Each of the sessions will present you with interactive exercises that will help to guide participants toward engaging in Active Listening, Discovering Shared Values, and disagreeing for the sake of learning and not for the sake of winning.

Register on the website by April 12th.



SAVE THE DATE

ALAN GOODIS

ARTIST-IN-RESIDENCE

2024

April 26-28

MORE INFORMATION COMING SOON



Purim at UH 2024



Hamantaschen Bake

Wednesday, March 13 at 6:00 PM

Join us for an evening of hamantaschen baking, fun and inspiration. Learn how to make your own dough, fold into triangles and create specialty hamantaschen. Class will be led by Jenny Stempel. Cost is \$15 per person. Register by March 10.



Whiskey & Wisdom: Purim Era

Wednesday, March 13 at 7:30 PM



Adult Purim Social

Saturday, March 23 at 7:00 PM

Celebrate Esther, Mordechai, and get into a Purim State of mind with our Shushan Eras pop-up bar. We'll have Purim nosh with Purim and Swiftie-inspired cocktails. Come dressed for Purim - as Mordechai, Esther, Vashti, King Ahushveras based on your favorite Era!



Megillah Reading

Saturday, March 23 at 8:00 PM

Join us for our annual reading of the megillah as we usher in the celebration of Purim with UH clergy and congregants telling the story of Esther and the Jewish people.



Purim Shpiel

Sunday, March 24 at 10:45 AM

An ensemble of clergy and congregants come together for a dramatization of the Book of Esther with music inspired by Taylor Swift.



Purim Carnival

Sunday, March 24 from 11:30 AM to 1:00 PM

Put on your favorite costume and get ready for games, prizes, snacks, a raffle and Purim FUN! Tickets can be purchased in advance for \$10 or for \$15 at the door. Become a Purim Carnival sponsor! Visit unitedhebrew.org/purim for more information.



Disney Shabbat

Friday, March 29 at 6:30 PM

Visit unitedhebrew.org/purim for more information

Be sure to dress up in your favorite costume!

www.unitedhebrew.org/purim

03 24 24

UNITED HEBREW CONGREGATION

PURIM CARNIVAL

Whip n Skip • Flap Attack • Monster Blast • Gear Up
Double Axe Throw • Squid Splat • Interactive Sport Cones

SUNDAY
03.24.2024
11:30 AM-1:00 PM

United Hebrew Congregation
13788 Conway Road, St. Louis

TICKETS
\$10 in advance
\$15 at the door

MEAL TICKETS
\$5 Each

RAFFLE TICKETS
\$5 each or
4 tickets \$10
10 tickets \$20

**BECOME A
PURIM CARNIVAL
SPONSOR**

HAMANTASCHEN SPONSOR	\$72	Game sponsor, 1 wristband entry, \$10 food cash
SHUSHAN SPONSOR	\$180	Game sponsor, 2 wristband entries, \$15 food cash
ESTHER SPONSOR	\$360	Game sponsor, 4 wristband entries, \$25 food cash



Passover at UH 2024

Women's Seder

Tuesday, April 9 at 6:30 pm

Shabbat HaGadol Chametz Party

Saturday, April 20 at 6 pm

Family Holiday Cooking Series - Passover

Sunday, April 14 at 4 pm

Fast of the Firstborn Study and Siyum

Monday, April 22 at 9 am

1st Night Passover Seder

Monday, April 22 at 6 pm

Passover Morning Service

Tuesday, April 23 at 9 am

Matzah Fry

Tuesday, April 23 at 10 am

Passover Yizkor Service

Monday, April 29 at 9 am

For more information, visit unitedhebrew.org/passover

Women's Seder

April 9 @ 6:30 pm

\$15 members

\$18 non-members

Invite your girlfriends of all faiths and join us for UH's popular Annual Women's Pre-Passover Seder. We will provide brisket, mashed potatoes, and wine; and everyone brings either a side dish or dessert.

Register on the UH website.



Shabbat HaGadol Chametz Party

Saturday, April 20 at 6 pm

Messing Auditorium

\$15 per person

Join us for Cantor Eichaker's famous Chicago Style Pizza and Beer (chametz) before Passover begins. The evening will begin with Havdalah and move into feasting.

Register online or call 314-469-0700 by April 18. No Walk-In's.

Fast of the Firstborn Study and Siyum

Monday, April 22 at 9 am

Spielberg Chapel

It is an ancient and widespread custom for the firstborn to fast on the day before Passover. This commemorates the miracle which spared the firstborn Jewish sons from the plague which struck down the firstborn sons of the Egyptians. After the text study, we will enjoy a treat to break the fast, a siyum celebration, which, according to prevailing custom, creates an atmosphere of rejoicing that overrides the requirement to continue the fast.

Register online or call 314-469-0700.

Passover First Night Seder

Monday, April 22 at 6 pm

Messing Auditorium

Designed for all ages. Led by UH Clergy. A delicious traditional seder meal will be served. It will include matzah ball soup, gefilte fish, brisket, mashed potatoes, roasted vegetables, and dessert. There will also be a vegetarian/vegan option by request.

This UH seder is like being with a large family. Please let us know if you would like to participate in reading, helping to serve or even set-up and clean-up just like we do in our own homes.

Cost:

Adults: \$25 UH member and \$35 non-member

Child (age 3-12): \$16 UH member and \$21 non-member

Children under 3: free of charge

RSVPs required by Monday, April 15 or until sold out. Early reservations recommended.

We will not be able to accommodate walk-ins at the door. All reservations must be made and paid for in advance.

When you register, please include who you are registering for and if anyone needs a vegetarian option.

Also, include if you would like to sit with someone not included in your registration.

Register online or call 314-469-0700.

Matzah Fry

Tuesday, April 23 at 10 am

Messing Auditorium

Register online or call 314-469-0700.



Upcoming Programs

Intergenerational Game Night

Wednesday, April 24

6:00 p.m. in the Kaplansky Center

Join United Hebrew for an Intergenerational Game Night! Bring your favorite games or play one of ours. Passover snacks and drinks provided.

Register on the UH website or by calling 314-469-0700

Holiday Cooking Series

April 21: Passover at 5pm

May 19: Shavuot at 5pm

Join UH's own Jenny Stempel to learn some new holiday recipes! This family friendly series is perfect for anyone 8 and up. They are \$36/project/class. Each family is one registration and will work together on one project. Class size is limited so sign up early! Single Adults and couples without children are also welcome. Contact Sari, slevy@unitedhebrew.org, with questions.

Creative Connections

Make new friends or deepen existing relationship by joining one of our several small interest groups, called Creative Connections. Do you have an idea for a Creative Connection group? We'd love to hear from you! Contact Judy Babitz at judybabitz@aol.com.

Below are a list of the current groups and contact information:

Women's Group (age 45-65): Dipali House

dipali_shah2000@yahoo.com

Climate Change: Diane Bleyer bleyerd@hotmail.com or 314-402-3078.

Ready for Retirement? Men, let's come together to focus on finances, fun, food, and new friendships: Craig Bleyer 314-402-5103 or csbleyer@gmail.com.

Photography Group: Molly Ruder molly.ruder20@gmail.com

UH Prime Timers: Judy Berger 314-374-5199 or judy@ljmier.com, Marilen Pitler 314-225-9723 or mpitler@prodigy.net

A Stitch and a Prayer

Crochet and Knitting Group

Tuesdays at 1:00 p.m. in the Kaplansky Center

Join Stitch and a Prayer to knit or crochet Blessing Blankets for UH members in need of healing and warm scarves for clients at the Harvey Kornblum Jewish Food Pantry. All skill levels are welcomed.



Singing Bowl Meditation
Feb 3rd, Pending weather. April 20th, July 6th
In the School Hallway at 1 p.m.
Experience a guided sound journey with Singing Bowls, gongs, rain sticks, drums and more.
Take time to rejuvenate and deepen your intentions as your mind settles and relaxes while listening to the sounds.
Bring items for personal comfort, i.e. pad or blanket, pillow and eye covering

The Susan Kaplansky Book Club

UH Book Club meets on the first Thursday of the month at 1:30 p.m. in the Spielberg Chapel. You can join us for just one session if you like a particular book or come to all the sessions. There is no long-term commitment necessary.

This year's books include:

2024

Mar 7: *Isaac's Story: A Man, a Time, and the Deadliest Hurricane in History* by Erik Larson

April 4: *Lessons in Chemistry* by Bonnie Garmus

May 2: *Lessons From the Edge: A Memoir* by Marie Yovanovitch

June 6: *The Widows of Malabar Hill* by Sujata Massey

Chair Exercise with Joyce Hochberg

Mondays at 1:30 p.m.

Mar. 4 - Zoom

Apr. 1 - Zoom

Mar. 11 - Zoom

Apr. 8 - Zoom

Mar. 18 - Zoom

Apr. - 15 - Zoom

Mar. 25 - Zoom

Join us for an exciting and fun 50-minute movement class with Joyce Hochberg, who will lead an EASY and safe chair exercise routine to upbeat music. No experience is necessary, just wear comfortable, easy moving clothes and closed-toe shoes.

Joyce's UH Fitness/Wellness Corner

Some things to consider when buying workout shoes:

1. Have both feet measured and fit to the larger size.
2. Shoe sizes vary among manufacturers.
3. Stand during the fitting and be sure there is about 3/8 to 1/2 inch between the end of your toes and the shoe.
4. Shoes that are too short can cause blisters, black toe syndrome, and aggravate bunions.
5. Heels should fit with a minimum amount of slippage.
6. The ball of the foot should fit comfortably in the widest part of the toe box.
7. As people age the fat pad at the bottom of the foot tends to thin. You may want to buy over-the-counter insoles to provide extra cushioning.
8. Properly fitting shoes should feel comfortable the moment they are put on.

Enjoy your workout shoes!!! Proper fit is the answer!



**American
Red Cross**

**Monday, March 11
11:00 a.m. - 3:00 p.m.**

To schedule an appointment, please visit redcrossblood.org and use the sponsor code: unitedhebrew



Tributes

TRIBUTES FROM 12/1-1/30

JOAN S. ABRAMS EDUCATION FUND FOR LIFELONG LEARNING & ENRICHMENT *IN HONOR OF:*

***A speedy recovery for Harry Auman**
Ilene Brooks & Richard Scharnhorst
***Maury Poscover's special birthday**
Susan & John Keyes
***Sheryl Bauer's presidency**
Bernie Haselhorst

CLERGY DISCRETIONARY FUNDS

IN APPRECIATION OF:

***Rabbi Rosenberg**
Mitch & Lynda Baris
Arnold Rudnick

IN HONOR OF:

***Maury Poscover's special birthday**
Melvin & Mel Epstein
***Rabbi Rosenberg's special birthday**
David & Myra Glazer
***90th birthday of Reva Davis**
Adrienne & Larry Hoffman
***Michael & Randi Poscover's anniversary**
Marilyn Warren
***Birth of Isaac William Loomstein**
Don & Gwynn Loomstein
IN MEMORY OF:
***Dearest mother, Harriet Korn**
Mark Teitelbaum
***Norma Koslow**
Jon & Chris Bomze
***Frances Maer**
Craig & Helane Maer
***Sharon Silverman**
Marilyn Warren

ADA & FRANK FRIEDMAN YOUTH GROUP FUND

IN HONOR OF:

***Reva Davis's 90th birthday**
***Suzy Weber, 2023 Ruach Award recipient**
Alan & Iris DeWoskin
IN MEMORY OF:
***Gerald Kraft**
Larry & Angie Kanefield
***Betty Lehrman**
Alan & Iris DeWoskin

***Michael J. Scissors**
Ken & Marcia Thurman

GENERAL FUND

IN APPRECIATION OF:

***UH Clergy & Staff**
Ilene Brooks & Richard Scharnhorst
***Sheryl Bauer-for her leadership as UH president**

Steve & Lexie Goldsmith
***Volunteers & staff at UH**
Robert & Joan Denison

IN HONOR OF:

***50th wedding anniversary of Stan & Denise Bunsick**
Caryn Carlie
***60th wedding anniversary of Jerry & Susie Comensky**
Larry & Faith Comensky
***Reva Davis' 90th Birthday**
Michele Ambach
***Adam Luck**
Chris Eder
***Charlotte Rosenblum**
Rob & Mary Rosenblum
***Jim Susman as new president of UH**
Neal & Susan Kalishman

IN MEMORY OF:

***Myra Bomze**
Roz Gad
***Irving Comensky**
Larry & Faith Comensky
***Lois Herman**
Elliot & Risa Enger
***Gerald Kraft, father of Karen Yoffie**
Sheryl Bauer
Robert & Judy Kramer
Gloria Ruben
***Betty Lehrman**
Myron & Eleanor Holtzman
Gloria Ruben
***Barbara Rosenblum**
Laurie Burstein
***Shirley & Harold Roth**
***Bertha & Jacob Schwartz**
***Sidney Schwartz & Harriet Wolff Schwartz**
Larry & Faith Comensky
***Dr. Robert Senior**
Stephen A. Russo
***Sharon Silverman**
Gloria Ruben
***Adrienne R. Sobelman**
David & Sherry Sobelman
***Martin & Rose Wolff**
Larry & Faith Comensky

JABLON YOUTH FUND

IN MEMORY OF:

***David Steinberg**
Paul Steinberg

LEW & CHERYL LEVEY VOLUNTEER APPRECIATION FUND

IN HONOR OF:

***Speedy recovery for Harry Auman**
Lew & Cheryl Levey
***Carol Latz's special birthday**
Arlene Caplan & Joe Tripodi
***Stan Plocker winning Chavurah Chiam's Chanukah dreidel spin off**
Harry & Fanchon Auman
***Suzy Weber, 2023 Irene Fox Ruach Award recipient**
Ted & Sheila Kraizer

ROBERT LEVY OUTDOOR BEAUTIFICATION FUND

IN HONOR OF:

***Denise & Stan Bunsick's 50th wedding anniversary**
Rick & Marcy Cornfeld

PERRY & SHIRLEEN MEHLMAN CAMP SCHOLARSHIP FUND

IN HONOR OF:

***Parker Crane becoming a bar mitzvah**
Mark & Suzy Weber
***Abby Susman's speedy recovery**
***Jim Susman becoming president of UH**
Betsy Mehlman

MEMORIAL FUND

IN MEMORY OF:

***Esther Alper**
***Robert Alper**
***Janet & Ben Alper**
***Shifra Alper**
Ellen & Bruce Horwitz
***Carolyn Altman**
Harvey Altman
***Edna Dolly Altman**
Stan & Jan Boraz
***Kurt & Hedwig Aschner**
***Fred Ashner**
Eva Ashner
***Nettie Bailin**
Mort & Eileen House

***Rosalie Thelma Barnes**
Marlene Harris & Daniel Mandelker
***Hymen & Evelyn Becker**
Stan & Judy Plocker
***Hymen Becker**
Sandy & Susan Becker
***Marvin Beckerman**
Lori & Steve Raskin
***Edward J. Berger**
***Elizabeth (Betty) Tureen Berger**
***Frederick A. Berger**
***Nancy Jane Berger**
Lee H. Berger
***Dr. Harry Berkin**
***Marcia Berkin**
Carol Berkin
***Elise Bernhardt**
***Marcus Bernhardt**
Tom & Linda Jones
***Kay Bialock**
Marilyn Oglander
***Sylvia R. Bierman**
Phil Bierman & Mary Wampler
***Eleanor "Ronnie" Blitz**
Ellen & Bruce Horwitz
***Lillian Bolozky**
Jack Bolozky
***Morris Brownstein**
Debbie & Dave Pulley
***Father, Bernard "Bernie" Cohen**
Judy Block
Randie Miller
***Leona Rothberg Cosentino**
***Leo Cosentino**
Ellen & Bruce Horwitz
***Betty Lander Cowan**
Jerrold & Harriet Lander
Florine Marks
***Frances Cremer**
Barry & Barbara Wolkowitz
***Rosanna Geishi Culp**
Ellen & Bruce Horwitz
***Edward C. Elkins**
Suzy Elkins
***Albert Epstein**
Ed Epstein
***Frances Feldman**
John & Barbara Becker
***Frances "Frieda" Fixman**
Ellen & Bruce Horwitz
***Melinda Ann Friedman**
Bev Friedman
***Louise Glickman**
Sharon Edwards
***Max Goldberg**
Karen Feld



Tributes

*Abe Goldstein

Bob & NJ Sterneck

*Emily N. Grafman

Allan & Beth Grafman

*Dolores Grollman

Julian & Bette Hess

Barbara Moss

*Louis Haffner

Joel Haffner

*Chana Halpern

David & Barbara Halpern

*Seymour Halpern

Marty & Merle Oberman

*Abe Handelman

John & Barbara Becker

*Joseph Hartman

Richard & Robyn Morris

Ron & Terry Seigel

*Sara Hertz

Ellen & Bruce Horwitz

*M. Myron "Buddy" Hochman

Myron & Rhoda Hochman

*Frank Holtzman

*Louis Hyman

Myron & Eleanor Holtzman

*Arthur Jaffe

*Sylvia Jaffe

Rick & Lois Mariam

*Theodore Jagust

Adele Jagust

*Lionel J. Kaiser

David & Sharon Kaiser and family

*Fred Kodner

Dennis Donnelly

Mike & Allison Shanker

*Ron Kunitz

Fran Kunitz

*Norma Koslow

Richard Hendin

*Bessie Kusmer

Scott & Carol Ellis

*Betty Lehrman

Elaine Nieberg

Barry & Leslie Yoffie

*Annabelle Leon

*Louis Leon

Elliot & Mitzi Leon

*Florence Rose Lichtenfeld

Steve & Ruth-Ellen Lichtenfeld

*Dr. Jack Mallen

Mark & Linda Mallen

*Isadore Marchbein

Joe & Elissa Marchbein

*Charlotte Mayer

Alan & Shirley Gorman

*Phil Mariam

*Francine Mariam

Rick & Lois Mariam

*Alexander Richard Mendelson

Malcom Mendelson

*Lillian Mendelson

*Nathan Mendelson

Rita Mendelson

*Perry Mehlman

Betsy Mehlman

*Dorothy Millstone

Sandy Birrittier

*Marvin E. Nieberg

Elaine Nieberg

*Fannie Holtzman Novack

Myron & Eleanor Holtzman

*Joseph Orenstein

Martha Senior

*Isadore Palans

Sandy Palans

*Lucille & Gene Pattiz

Denise Bogard

*Nathan Perlstein

Ellen & Bruce Horwitz

*Robert Pierce Platzer

Cindy Platzer-Becker

*Morris Polleck

*Sara Siegelman Polleck

Harriet & Harvey Rudman

*Ray Pomraz

Rosaline & Sidney Stein

*Barbara Alper Press

Ellen & Bruce Horwitz

*Ruth Jagust Reiter

Adele Jagust

*Anita Rothberg

*Jacob Rothberg

*Sousa Rothberg

Ellen & Bruce Horwitz

*Dorothy Schenberg

Todd & Karen Siegel

*Kitty Seigel

Jack Bolozky

*Ida Siegel

Bev Friedman

*Fannie Siegelman

Harriet & Harvey Rudman

*Dora Silverman & Hubert

Jay Diamond

Dave Silverman

*Sharon Silverman

Harvey Altman

*Samuel Spiegelman

Carol Bartfeld

*John J. Starr

Joan Sherman

Gloria Starr

*Ruth Sterneck

Bob & NJ Sterneck

*Mary Goldstein Stolar

Henry & Suzanne Stolar

*Beth Stone

Tom & Linda Jones

*Tillie & Fred H Suffian

Leonard & Simone Goldberg

*Bernard & Martha Suskind

Eva Ashner

*William Tegman

Bob & Merle Tegman

*Maurice Tessler

Jerry & Susan Tessler

*Arnold Weintrub

Stephen & Ellen Katz

*Bernadine Winter

Rick & Robyn Morris

*Betty Wohl

Carol Berkin

*Anne Wolkowitz

Barry & Barbara Wolkowitz

*Beverly J Yavitz

Marvyn Yavitz

*Morris Zoldan

Sandi Super

HELEN C. MILLSTONE MUSIC FUND

IN HONOR OF:

*Our 50th wedding anniversary

Stan & Denise Bunsick

*50th anniversary of Stan &

Denise Bunsick

Myron & Eleanor Holtzman

*90th birthday of Irene Fox

Myron & Eleanor Holtzman

Ilene Osherow

Mickey Roth

*Suzy Weber, 2023 Ruach

Award recipient

Eva Ashner

Arlene Goodman

Alan & Shirley Gorman

Joe & Elissa Marchbein

Charlotte Rosenblum

Larry & Carolyn Satz

IN MEMORY OF:

*Joan Koven

Adele Jagust

*Elaine Safron

Michael & Ivy Klein

*Marshall H. Tamarkin

William & Linda Levin

OPPER-ROSENBERG YOUTH ENGAGEMENT PROFESSIONAL FUND

IN HONOR OF:

*Rabbi Rosenberg's special birthday

Steve & Lexie Goldsmith

IN MEMORY OF:

*Irma Rosenberg

Stephen Rosenberg

MAX AND IDA ORENSTEIN SAFETY & SECURITY FUND

IN HONOR OF:

*Dave Silverman's Special birthday

Fran Kunitz

*Jim Susman, incoming UH president

Linda & Ed Dahl

Mr. & Mrs. David Gitt

Mr. & Mrs. Bob Susman

*Speedy recovery of Amy LeDeaux

Abby & Jim Susman

*Suzy Weber

Marilen Pitler

IN MEMORY OF:

*Kay Diamant

Abby & Jim Susman

*Betty Lehrman

Barry & Sherilyn Krell

*Sharon Silverman

Sharon Iken

*Dorothy Silverstein

Susan Allison

RASKAS TECHNOLOGY FUND

IN MEMORY OF:

*Mother of Paul Nunziata

Steve & Candi Marton

SAUL SPIELBERG EARLY CHILDHOOD CENTER FUND

IN APPRECIATION OF:

*A Stitch & a Prayer group

Phil & Gail Kramer

IN HONOR OF:

*Ben Cherry's 40th birthday

Lindsay & David Melnick

*Mindy Resnick, new board member

Phil & Gail Kramer

*Jim Susman, incoming UH president

Phil & Gail Kramer

Roy Wagman & Barbara Singer Wagman

*Suzy Weber, 2023 Irene Fox Ruach Award recipient

Rick & Marcy Cornfeld

Myron & Eleanor Holtzman

IN MEMORY OF:

*David Bassman

Skip & Elaine Spielberg



Tributes

***Bernice Fidelholtz**
Shirley Robbins
***Elaine Goldstein**
Eric & Michelle Goldstein
***Terri L. Greenblatt-Freeman**
Shelli Greenblatt
***Myra Grossman**
Elaine Melnick
***Robert Wehmer**
Dani & Ricky Dicker

HENRIETTA AND ELI SPIELBERG ISRAEL SCHOLARSHIP FOUNDATION FUND

IN HONOR OF:

***Rabbi Rosenberg's special birthday**
Rick & Marcy Cornfeld
***Suzy Weber, 2023 Irene Fox Ruach award recipient**
Lexie & Steve Goldsmith
***The birth of Nancy Desloge's granddaughter**
Marilen Pitler
***Maury Poscover's 80th birthday**
Rick & Marcy Cornfeld
IN MEMORY OF:
***Phyllis Greenberg**
***Sarah Faye Greenberg**
Wasserman family & Burton Greenberg
***Betty Lehrman**
Karen & Andy Wasserman and family
***Rebecca Stone**
Michael & Linda Wolfson

TOWERMAN FAMILY SCHOLARSHIP FUND

IN HONOR OF:

***Sheryl Bauer for her dedication, guidance & stellar job as president of UHC**
***Jim Susman, incoming UH president**
Arlene Goodman
IN MEMORY OF:
***Stan Towerman**
Marvin Ginsberg
Daniel & Jennifer Stolper

UNITED HEBREW CEMETERY PERPETUAL CARE FUND

IN MEMORY OF:

*** Armin L. Bain**
Michael Bain
***Daniel Berk & Abraham Berk**
Howard Berk

***Leebert Glass**
Sandy & Susan Becker
***Rose Pactor**
Louise London
***Thelma Ross**
Joyce Boonschaft
***William Senior**
Martha Senior
***Arnold Weinrub**
Mark Weinrub

MICHAEL & LOIS WINTHROP RELIGIOUS SCHOOL FUND

IN HONOR OF:

***Abigail House becoming a bat mitzvah**
Mark & Suzy Weber
IN MEMORY OF:
***Michael B. Winthrop**
Dr. & Mrs. Dennis B. Winthrop

BETTY & EUGENE WOLFF TRANSPORTATION FUND

IN MEMORY OF:

***Lenard Fleishman**
***Tillie Fleishman**
Allan & Susan Cohen
***Betty Lehrman**
Elaine Rudolph
Esther Appelbaum
***Mother, Dorothy Soll**
***Aunt, Irene Nissenbaum**
Marsha Kunin
***Michael Scissors**
Eleanor Wolff
***Beverly June Yavitz**
Marvyn Yavitz
IN HONOR OF:
***Reva Davis's 90th birthday**
Esther Appelbaum
Elaine Rudolph

Additional Donations: BACKPACK BUDDIES

IN HONOR OF:

***Speedy recovery for Abby Susman**
Joel & Marcia Barasch

UH LIVE STREAMING

IN MEMORY OF:

***Charles J. Hilton**
Judith & Gary Richter

Announcements

ThanksLiving

We're celebrating Life this year at UH with our "Life is Good" theme and our ThanksLiving campaign. It could not be simpler. During the month of your birthday or anniversary, make a donation to United Hebrew in the amount of whatever age or milestone you're celebrating... in other words, giving "thanks for living". If you're turning 50, donate \$50 for the ThanksLiving campaign. If you're celebrating your 10th wedding anniversary, make a \$10 donation. You can even donate in honor of your children or grandchildren. Or parents can encourage kids to make a tzdekah donation to UH in the amount of their age on their birthday, maybe from the proceeds of their birthday gifts. As we celebrate simchas in our lives, each month of the year is in competition against the other eleven months. The winning month will have raised the most money in honor of the celebrated simchas.

Thank you to everyone who has donated to ThanksLiving;

Sheryl Bauer, Mike & Susan Hearst,
Barry & Sherilyn Krell for Scott Kittredge,
Mindy, Steve, and Shae Resnick, Stacy Rolfe,
Jessica Styer, and Aaron & Debbie Wahl

November: \$50

December: \$205

January: \$199

Nosh & Onegs

UH hosts a dessert oneg on the first Friday of the month when we celebrate birthday blessings and a nosh on the third Friday of the month when we celebrate anniversary blessings. Please consider becoming a sponsor in celebration of your milestone or in honor, memory, or appreciation of a loved one. The dessert oneg is \$50 and the nosh is \$100 to sponsor. 314-469-0700 or egrossberg@unitedhebrew.org.

Thank You

Nosh Sponsors

- December 15- Larry & Carolyn Satz in honor of their 50th Anniversary
- January 16- Marvyn Yavitz in memory of Beverly June Yavitz
- February 16- Ileana Fagin in memory of Irvin Fagin
Art & Candy Zemon in honor of their 25th Anniversary

Oneg Sponsors

- January 5- Stan & Denise Busick in honor of their 50th Anniversary
Reva Davis in honor of her 90th birthday
Maury & Lorrie Poscover in honor of Maury's 80th birthday
Harvey Altman in memory of Carolyn Altman

Welcome New & Returning Members

Jacob Tarabar & Dr. Rachel Mintz, Mason
Mike & Rachel Toledo, Jacob, Daniel, Stephen
David Yoffie



Perpetual Memorials

The Congregation
extends its sincere
condolences to the
families of

MARK BERGER
Father of Marcy (Steve)
Fagin

BETTI BLUMOFF
Sister-in-Law of Mark
Fein-stein

RUTH KESSLER
Mother of Barry
Kessler

GERALD KRAFT
Father of Karen Yoffie
Grandfather of Lauren
& Julie (z"l) Yoffie

BETTY LEHRMAN

**RICHARD WARREN
LEVINSON**
Grandfather of Rob
(Becky) Levinson

BETTY POLINSKY
Mother of Debbie
(Mark) Rothstein

**BARBARA
ROSENBLUM**
Grandmother of
Adam (Melani) Paul

ELAINE SAFRON
Mother of Bruce
(Terry) Safron

MICHAEL SCISSORS
Husband of Lori
Scissors

MELINDA SEGAL
Daughter-in-Law of
Clifford (Joan) Segal

SHARON SILVERMAN
Wife of Dave
Silverman

2/25/24 – 3/2/24

Michael J. Bauer
Nathan Berger
Mollie Berie
Morris Birnbaum
Joseph Bomze
Frank Cohen
Carrie Marcus Davis
Diane E. Ezell
Marvin Meyer Feldman
Ben Fox
Gordon August Frieberger
Nathan (Nappy) Friedman
Albert Friedman
Martin Friedman

David Gers
Jacob Glaser
Ruth M. Goldman
Sana Guckenheim
Alfred Isadore Harris
Anna Hiken
Lillie Hirschfield
Laurie Ritzlin Jurik
Sherwood R. Kleban
Philip Kootman
Ida Koplin
Mike Kutten
Max Lending
George Levin

Louis Lurie
Elizabeth Lyner
Hannah Mandle
Solomon Meyer
Thelma Meyers
Julius Nadler
Ann Newfeld
Samuel Niederberg
Bernadine E. Nieman
Joan Frank Plattner
Eileen Polinsky
Rachel Portnoy
Harris B. Richter
Jack Rosenblum

Etta Rothman
Dr. Arthur A. Roufa
Esther Rose Satz
Paul Satz
Sam Schneider
Mildred Roman Schnurr
Toby Selner
Max Sigel
Sophie Silver
Max Silverman
Alvin J. Silverman
Jan Lee Silverman
Evelyn Silverstein
Mark P. Silverstone

Mollie Stein
Esther Steinberg
Annette Mable Susman
Leah Rosenblum Tabak
June Finn Trainer
Mary K. Turken
Gertrude Berman Vittert
Dr. Stanford S. Waldman
Herman C. Waldman
Shirley Wallerstein
Joseph S. Wasserman
Stanley H. Wielansky
Yetta G. Wolff
Evelyn S. Wurdack

3/3/24 – 3/9/24

Claude Allen Abrams
Louis J. Arbetter
Morris B. Avirom
Kate F. Bing
Harry Block
Gloria Rovak Brenner
Tillie Cohen
Leonore Dickman Cohn
Fannie Dolgin
Leona Dreyfus
Jennie Esserman
Manuel Esserman
Dr. David Steven Finbloom
Herman H. Frank

Rebecca Frank
Ruth Frieberger
Betty Gaylor
Sadie German
Rachel K. Gilden
Marjorie B. Goldenberg
David G. Goldman
Evelyn Rovin Goldman
Joe Goldstein
Abraham Golub
Ida Gomberg
Morris Grossman
Sarah Harburger
Samuel Holstein

Morris Horckitz
Sadye Lee Kaplan
Harry Katz
Frank Kenner
Stanley F. Kirschman
Della C. Kligman
Mildred Lachow
Ethel Ladinsky
Melva Jane LeBeau
Reva Lepowitch
Newman Linsky
Meyer Herman
Loomstein
Dave Madden

Samuel L. Mandel
Harry Margulis
Phillip Marian
Jennie May Messing
Gitel Moore
Ann Oglander
Henry Pasch
May Robbins
Tillie C. Rodenberg
Mary Newman Rosen
Ronald Ross
David Roudman
Jacob Rubin
Saul L. Rubin

Helen Sanofsky
David J. Schwartz
Thelma Ruth Silverman
Gertrude M. Sincoff
Minnie Stahl
Benjamin H. Stein
Marcia Claire Tischler
Leo Torgove
David Waschauer
Sam D. Wolff
Joyce Stellar Yalem
Louis A. Zerman

3/10/24 – 3/16/24

Dinah Ashinoff
Nathan Backerman
Henry Louis Bankendorf
Millie S. Bearman
Morris Bothman
Tillie Claris
Fannie Siegel Cohen
Morris Jack (M.J.) Cohen
John David Deitchman
Janet Bierman Ellman
Edna Feldman
Mildred G. Feldman
Abe Fine
Gittel Friedman

Samuel P. Friedman
Pauline Garfinkel
Rosaline Geiger
William J. B. Geiger
Gilbert Goldman
William I. Gordon
Jerome Samuel Gottlieb
William Haffner
Jeffrey A. Harris
Daniel Hilecher
Pesach Hilton
Kenneth R. Hutkins
Victoria H. Jablon
Irving Jablon

Max L. Kessler
Jack J. Kligman
Morris Landau
Miriam Lebedun
Henry R. Lerner
Cyril D. Levey
William Levitt
Isidore Lipshitz
Samuel Ludwig
Uda Lurie
Raymond H. Marcus
Michael M. Mathes
William Melnick
Wilma Engel Messing

David S. Millstone
George Newfeld
Ida Nieberg
Louis L. Oxenhandler
Harry Peters
Elizabeth J. Podolsky
Walter I. Pollack
Carrie Romansky
Fanny Rosenkranz
Becky Rosenstroch
Sally Pocras Ross
Marvin Rothberg
Leo Samelson
Annie Sanofsky

Fannie S. Seltzer
Jacob Simon
Agnes O. Barasch Simon
Frank B. Spasser
Doris Jean Stern
Oliver O. Vittert
Annette Weinberg
Raymond E. Weisman
Hannah Passen White
Ronald F. Wolff
Sol Yaker
Frank Yampolsky

3/17/24 – 3/23/24

Dennis I. Alter
Albert Arnowitz
Reita Goldberg Barasch
Kate Berger
Morris Bidnick
Cecil Block
Harold Blumenau
Celia Bly
Aranka Bohm
Max Broder
Frieda Bronson
Norma Hiken Clifton
Joseph Y. Cohen
Marjorie Jane Cohn
Selma Copilevitz

Louis H. Cranis
William Derfeld
Morris Ettinger
Ann Feinberg
Marion S. Fleischman
Rebecca Rothstein Fox
Nellie Fudenberg
Rose German
Dora Gintel
Ervin Goldberg
Joe Graber
Sam J. Grosman
Anita I. Grossman
Lisa Halle
Ella Hoehn

Rose C. Jacobs
Shirley Katz Kardesch
Rose Kleban
Jerry S. Labell
Fannie Berger Lewis
Charles S. Lippman
Nathan Lipsitz
Fay Fink Mandelcorn
Anna Manlin
Sahra Markenson
Sylvan (Van) Morris
Lawrence "Larry" Newfeld
Florence Newman
Albert M. Oglander
Lester H. Oljan

Ben Poslosky
Henry Reinfeld
Morris Rodenberg
Martin Rodenberg
Tibette Diane Roe
Esther Roselman
Joseph Roth
Clara Roudman
Rose Rubin
Max Rudner
Ella Abrams Saviers
Frances G. Shapiro
Murry L. Shekman
Marie Samelson Sherman
Claus L. Simon

Herbert H. Singer
Morris Stein
Rose Strauch
Henrietta M. Strauss
Judith F. Wasserman
Otto A. Weber
Tillie Braun Weil
Lena Wenneker
Samuel H. Wilson
Chester Wolkowitz

Notification of Illness, Surgery & Hospital Visits

Due to HIPAA laws, United Hebrew is unable to gain access to patient information from local hospitals. We rely solely on word-of-mouth from family members and other congregants to make clergy visits. If you know someone in the hospital or desiring a visit from a clergy member, please contact us at 314-469-0700. Once received, the information will be entered into our system and shared with the clergy.



Perpetual Memorials

3/24/24 – 3/30/24

Haskell Aronson
Marie Axelrod
Harry Bearman
Betty Tureen Berger
Fannie Berger
Ben Berger
Ida S. Bierman
Birdie Block
Esther Block
Abraham Block
Sherman Blustein
Isabella Brasch

Sarah R. Cohen
Kathryn E. Cohen
Jennie Derfeld
Charlotte Farrell
Viola B. Feit
Frank Flotken
Fay G. Friedman
Ben Friedman
Ruth Gaylor
Isadore Gers
Harry Giddan
Milford G. Giddan

Edith Glaser
Robert Gliner
Ida Goldstein
Lillian Hammerman
Florence J. Harris
Inglish Horckitz
Chiya Izak
Rose Jourman
Dorothy Z. "Dottie" Kean
Meyer Klayman
Leah Cecil Kleban
Louis Kopman

Theodore Kraizer
Jules Lasky
Paul Mandel
Aneda B. Marion
Morris M. Moss
Mrs. Frieda Newfeld
Hattie Nieman
Eli Michael Noveson
Leah Rodenberg
Emil S. Roodman
Harvey Clinton Rosen
Jerome D. Rosen

Natalie Rosenblum
Stanley E. Rosenfeld
Francis (Frank) Sakowsky
Samuella "Sammy" Sanders
Gittel Satz
Rose M. Schenberg
Benjamin J. Schramm
Sue A. Schulman
Alvin Segelbohm
Esther Rothman Sirot
Dorothy S. Smith
Harold C. Solar

Sonia W. Stein
Shirley R. Taylor
Cindy F. Thuner
Sara Torgove
Hazel R. Wallerstein
Irma Lang Weil
Mrs. Barbara G. Wolff
Nathan Wolff
Rheta Yanow

3/31/24 – 4/6/24

Lena Katz Alter
Lillian Batavia
Jennie Binder
Irma Blank
Bettie A. Boxerman
Julia Schwartz Brown
Milton S. Cohen
David L. Cohn
Harry J. Coplan
Reuben Milton Crystal

Jack Dubinsky
Sol Eckert
Esther Engel
Joseph A. Epstein
Clara L. Esler
Dana Ezell
Joseph D. Feigenbaum
Anna Kantor Fishman
Nathan Frensdorf
Lester Gallant
Frank Gardner

Israel Garfinkel
William A. Goldberg
Louis Goldblum
Albert Golde
Anna Goldenberg
Stella Rosen Goldstein
David Goldstein
Lillian Goldstein
Rose Grosberg
Marvin Grossman
Abbie Herrmann
Morris Huber
Dorothy Jasper
Goldie Kessler
Lottie Kessel Kippel
Minnette Levin Kretchmar
Philip Krout
Martin L. Lanznar
Yetta Loomstein
Max Mayerson
Jennie Midman
Katherine (Kitty) Morris

Betty Ann Moulton
Joseph Niederberg
Minnie Noveson
Bertha Pizer
Sam Rosen
Meyer Roudman
Esther Sacarowitz
Jack Sanders
Nathan Sarasohn
Katherine Serkes
Shirley Ann Sosnoff

Herman L. Sparber
J. Lewis Spiegel
Paul Steinman
Mildred M. Tulper
Effie Werner
Mildred Wiley
Milton Winter
Lillie Zimmerman

4/7/24 – 4/13/24

Birdie C. Bialick
Warren Brodsky
Israel Broome
Alfred Louis Chotin
Cecelia Chuver
Rachel Crown
Ethel G. Dubinsky
Clarine "Cookie" Epstein

Anna Finkelstein
Sam Ginsberg
Morris Goldberg
Louis Goldberg
Clare Goldstein
Samuel Guckenheim
Meyer Jaffe
Robert Ketcher
Joe Klearman

Samuel W. Kopman
Bryan Jay Koslow
Sam Ben Lappeman, Jr.
Jonathan Michael Levy
Mr. Jerome J. Lewin
Herbert F. Lewis
Ann Lichtenstein
Nathan Mayer
Rose T. Mendelson

Lenora Claris Pollack
Edward Poscover
Edward Robbins
Scott Benjamin Rosen
Jacob Rosenkranz
Frances Rosenstroch
Louis Rovin
Bertha Rovin
Fay Rudner

Leah Mandle Salinger
Frieda S. Schramm
Reuben (Rudy) Serot
Jenny Siegel
Lillian D. Sigel
Dr. Henry Sills
Maurice Sincoff
Hannah Solomon
Marvin Spector

Bessie Susman
Martin B. Toybes
Lottie J. Walcher
Samuel Werner
Emma Schur Wides
Isadore Wise
Sidney P. Wolff
Annie S. Yatter

4/14/24 – 4/20/24

Pearl Amernick
Edith Ida Askenasy
Rebecca Bloom Astrin
Gertrude Plaut Balk
David Barter
Florence Beldner
Estelle Birnbaum
Sidney J. Bronfin

Nathan A. Buffen
David Charak
Harry Dunie
E. Ted Fadern
Aaron A. Feigenbaum
Eva Muchnick Feldman
Stanley E. Feldman
Barbara A. Feldman
Annie M. Fischlowitz

Abraham D. Friedman
Blime Fuhrer
Edward J. Gallant
Joseph G. Goldberg
Daniel "Danny"
Goldsmith
Stephen Edward Gray
Rosella A. Jourman
Stanley Julian Katcher

Roseleah Koltun
Lillie M. Kopman
Howard Frank Lachman
Jacob E. Lasky
Harry Levi
William Levi
Jennie Luks
Joseph M. Malpe
Leon N. (Jiggs) Maniloff

Sarah Moss
Leo Joseph Noveson
Millard Pearlstone
Joyce Hope Portnoy
Etta Rachofsky
Jacob Schwartz
Sarah Seltzer
Aaron Sessel
Frances Covitz Shanker

Alice Spector
Harry Stahl
Shirley Berger Starr
Joe W. Wyman
Janet Yampolsky
Jacob B. Yatter
Clara Zeid
Nat Zetcher
Anna Zucker

4/21/24 – 4/27/24

Jessie K. Barnholtz
Max Birnbaum
Eva Kory Bornstein
Jerome (Jerry) Brody
Cele Brooks
Louis Cohen
Eva W. Cohen
Dave Louis Cornfeld
Isadore Doischman
Karen Tucker Fox
Benjamin M. Frank

Clarice W. Friedman
Sarah Friedman
Melvin B. Gad
Jacques Gleitman
Julia Gleitman
Harry Glickman
Blanch Hilton
Isaac Jacob
Albert H. Kaplansky
Lillian Kaplansky
Nathan Keiner
Esther C. Kessler

Morris Kirschman
Max Kleban
Henrietta Kling
Joseph W. Kopman
Aaron (Sonny) Kram
Sam Kram
Morris Kranzberg
Scott E. Lending
Marcia Halpern Lerner
Harold Samuel Levy
Sidney David Lite
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United Hebrew offers Perpetual Memorial plaques as a way for your loved one to be remembered

Each year on the anniversary of their death, his or her name will be read at Shabbat Services as part of the Kaddish prayer. Prior to this service, members of the family are notified of the date. In addition, the name appears in the Yom Kippur Memorial Book with all those who have been perpetually remembered.

Each plaque is engraved with the name and English date of passing and displayed on United Hebrew's Rabbi Samuel Thurman Memorial Wall.

The cost of a plaque is \$750. Questions or to order a plaque, please call 314-469-0700.



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Scroll of Honor

UNITED HEBREW CONGREGATION

2024 Scroll of Honor

This represents all 2024 commitments received as of 2/9/2024

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The United Hebrew Scroll of Honor was established to honor and recognize individuals and families who voluntarily increase their annual commitment above and beyond the Basic Annual Commitment Level. This strengthens our ability to meet the needs of our congregants while preserving the financial health of the congregation. We invite you to consider becoming a Scroll of Honor participant or renewing your pledge by contacting United Hebrew at temple@unitedhebrew.org or 314-469-0700. Thank you for your generous support.



Legacy Circle

UNITED HEBREW CONGREGATION

Our Legacy Circle is a group of members who have made a commitment to leave at least 1% of their estate to United Hebrew in their estate planning documents. Joining the Legacy Circle does not need to be difficult. Your estate planning professional can help you make this provision. Contact United Hebrew with any questions at temple@unitedhebrew.org

Members of the Legacy Circle include, but are not limited to the following:

Fred (z"l) and Eva Ashner
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7855 Canton Avenue
University City, MO 63130
Phone: 314-427-5900
Benjamin Mazer, Cemetery Director

Now, not when sorrow comes...

Is the time to visit our cemetery and select a suitable plot.

Why United Hebrew Cemetery?

- ◆ Situated on 20 acres of land in University City, the cemetery is centrally located with easy access to most city and nearby suburban population centers.
- ◆ Jewish and non-Jewish family members may be buried next to one another in all areas of the cemetery.
- ◆ Individuals and families may choose traditional burial or interment of cremated remains.
- ◆ Burial plots are available to both members and non-members of United Hebrew Congregation.

Purchasing Burial Plots

United Hebrew Cemetery has a variety of desirable gravesite locations which ensure an enduring and appropriate memorial.

Memorial Garden

All stones are flat and level with the ground.

Traditional Family Sections

Four or more graves with one large family monument and small markers for each individual.

Individual gravesites

One marker for each individual or one marker for two people.





United Hebrew

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United Hebrew Congregation serves the Jewish community of St. Louis as a place of worship and learning with a welcoming community united in the common Judaic spirit of Reform Judaism.

Our thanks to the Laiderman Family for their generous donation to the United Hebrew Endowment Fund to help support our synagogue Bulletin.

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is in session and by appointment
(Iris - 314-852-2440)