



HAMAKOR המקור THE SOURCE

United Hebrew Congregation

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

September/October 2023/5784
Volume XCXIII No. 1

United Hebrew Congregation

High Holy Days

5784/2023

The High Holy Days signal the start of the new year with new opportunities and possibilities. 5784 will be a year of celebration, creativity, and excitement for our beloved UH.

Over the course of the High Holy Days and our year, we'll explore the theme:
Chayim Tovim: Life is Good.

Together we can work to unfold our spirits to become one family filled with potential, vision, and happiness.

Shanah tovah u'metukah - May the New Year be a sweet one for you and for all those you love. May 5784 be a year of blessing and happiness for us, for our people, and for all the world.

Please see inside for service information or visit
unitedhebrew.org/hhd

Shabbat Schedule

In-Person, Zoom, Livestream, and Facebook

September 2023

Friday, September 1

6:00 p.m. Shabbat Service
Children & Adult Birthday Blessing
7:00 p.m. Dessert Oneg

Saturday, September 2

Elul 16 5783

Ki Tavo

9:00 a.m. Torah Study
10:30 a.m. Bar Mitzvah of
Tyler Lourie
Son of Eddie & Marci Lourie

Friday, September 8

6:30 p.m. Shabbat Service

Saturday, September 9

Elul 23 5783

Nitzavim-Vayeilech

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

Friday, September 15

7:30 p.m. Erev Rosh Hashanah Service

Saturday, September 16

Tishrei 1 5784

Rosh Hashanah

9:00 a.m. RH Children's Service
10:00 a.m. RH Morning Service
1:30 p.m. RH in the Orchard

Friday, September 22

6:30 p.m. Shabbat Service

Saturday, September 23

Tishrei 8 5784

Haazinu

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

Friday, September 29

6:30 p.m. Sukkot Shabbat Service

Saturday, September 30

Tishrei 15 5784

Sukkot

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

October 2023

Friday, October 6

6:30 p.m. Simchat Torah
Children & Adult Birthday Blessing
7:30 p.m. Dessert Oneg

Saturday, October 7

Tishrei 22 5784

Yizkor

9:00 a.m. Torah Study
10:30 a.m. Simchat Torah Service &
Yizkor

Friday, October 13

6:30 p.m. Shabbat Service

Saturday, October 14

Tishrei 29 5784

B'reishit

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

Friday, October 20

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

Saturday, October 21

Cheshvan 6 5784

Noach

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

Friday, October 27

6:30 p.m. Shabbat Service

Saturday, October 28

Cheshvan 13

Lech L'cha

9:00 a.m. Torah Study
10:30 a.m. Bar Mitzvah of
Cy Levey
Son of Josh & Gretchen Levey

**Shabbat evening
service time returns
to regular schedule**

September 8-May 17
Shabbat Service at 6:30 p.m.

Mazel Tov to our B'nai Mitzvah



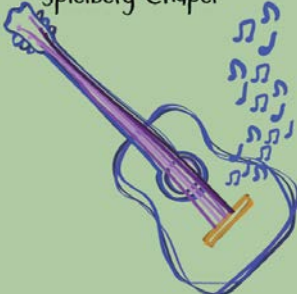
Tyler Lourie
September 2, 2023
10:30 a.m.



Cy Levey
October 28, 2023
10:30 a.m.

Tot Shabbat

Come and Join us for Tot Shabbat every
3rd Friday of the month at 5:30pm in the
Spielberg Chapel



October 20
November 17
December 15
January 19
February 16
March 15
April 19
May 17

Family Shabbat

Saturdays 10:30 a.m.
Millstone Sanctuary

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.

October 14
November 11
December 9
January 6
February 3
March 2
April 6



September & October Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 27	28	29 1pm Crochet/Knit Group 7pm Hebrew Reading Bootcamp	30 6pm Intergenerational Game Night	31 11:30am Amateurs of the Great Assembly	September 1 6pm Shabbat Service 7:00pm Dessert Oneg	2 9am Torah Study 10:30am Shabbat Morning Service <i>Bar Mitzvah of Tyler Lourie</i>
3	4 Labor Day School & Offices Closed	5 1pm Crochet/Knit Group 7pm Hebrew Reading Bootcamp	6 7pm Be Strong and of Good Courage!	7 11:30am Amateurs of the Great Assembly 1:30pm Susan Kaplansky Book Club	8 6:30pm Shabbat Service	9 9am Torah Study 10:30am Shabbat Service 11amPJ Library Selichot Program 7pm HCYOYHNY? 9pm Selichot Service
10 1st Day of RS 9am K-5 11:30am 6-10 10am Memorial Service at UH Cemetery	11	12 1pm Crochet/Knit Group 7pm Hebrew Reading Bootcamp	13 7:30pm Whiskey & Wisdom	14	15 Erev Rosh Hashanah 7:30pm Erev Rosh Hashanah Service	16 Rosh Hashanah 9am Children's Service 10am Morning Service 1:30pm RH in the Orchard
17 2nd Day RH 10am 2nd Day RH Morning Service 12pm Tashlich	18	19 1pm Crochet/Knit Group	20 7pm Board of Trustees Meeting	21 11:30am Amateurs of the Great Assembly	22 6:30pm Shabbat Service	23 9am Torah Study 10:30am Shabbat Morning Service
24 Kol Nidrei 7:30pm Kol Nidrei	25 Yom Kippur 9am Children's Service 10am Morning & Early Memorial Service 1:30pm Moments of Meaning 4pm Afternoon, Memorial & Neilah Services	26 1pm Crochet/Knit Group	27	28 10am Adult Hebrew 11:30am Amateurs of the Great Assembly	29 Erev Sukkot 6:30pm Sukkot Shabbat Service	30 9am Torah Study 10:30am Sukkot Morning Service
October 1 9am K-5 Religious School 11:30am 6-10 Religious School	2	3 1pm Crochet/Knit Group	4	5 10am Adult Hebrew 11am Amateurs of the Great Assembly 1:30pm Susan Kaplansky Book Club	6 6pm Simchat Torah Shabbat Service 7pm Dessert Oneg	7 9am Torah Study 10:30am Simchat Torah Service and Yizkor 1pm Singing Bowls Meditation
8 9am K-5 Religious School 11:30am 6-10 Religious School	9	10 1pm Crochet/Knit Group	11 7:30pm Whiskey & Wisdom	12 10am Adult Hebrew 11am Amateurs of the Great Assembly	13 6:30pm Shabbat Service	14 9am Torah Study 10:30am Family Shabbat Service
15 9am K-5 Religious School 11:30am 6-10 Religious School	16	17 1pm Crochet/Knit Group	18 7pm Board of Trustees	19 10am Adult Hebrew 11am Amateurs of the Great Assembly	20 5:30pm Tot Shabbat 5:45pm Shabbat Nosh 6:30pm Shabbat Service	21 9am Torah Study 10:30am Shabbat Morning Service
22 9am K-5 Religious School 11:30am 6-10 Religious School	23	24 1pm Crochet/Knit Group	25	26 10am Adult Hebrew 11am Amateurs of the Great Assembly	27 6:30pm Shabbat Service	28 9am Torah Study 10:30am Shabbat Morning Service <i>Bar Mitzvah of Cy Levey</i>
29 9am K-5 Religious School 11:30am 6-10 Religious School	30 7pm Speaker: Nirit Bernstein	31 1pm Crochet/Knit Group	November 1	2 10am Adult Hebrew 11am Amateurs of the Great Assembly 1:30pm Susan Kaplansky Book Club	3 6:30pm Shabbat Alive! with Rick Recht and Consecration 7:30pm Shabbat Oneg	4 9am Torah Study 10:30am Shabbat Morning Service



Clergy Message - Ron Eichaker



Living a Good Life is not a right. Living a Good Life is not only given to those of material means. Living a Good Life is not necessarily a goal. Living a Good Life is often a feeling when we look back like God did in the first chapter of The Book of Genesis and said, “Ki tov...” – “for this is good...”.

How is it, then, that we must look back to look forward, especially when we see our life, first in retrospect then in prospectus? Our High Holy Days season gives us a chance to get off the “hedonic treadmill” (the pursuit of material and transactional happiness) and to re-evaluate our meaning and purpose for the next year.

The New Year 5784 will carry with it our congregational theme of “*Chayim Tovim: Life is Good*”.

Throughout the year, many of our educational and programmatic themes will be inspired by how we can find the “good” in things, even when those things may not be so good in the moment. Finding the good in things requires us to look at our state of happiness. Being happy takes work. Just like being unhappy takes work. Scientists have discovered that there are two parts of our brain (in the limbic system) that have a place for happiness and a place for unhappiness. Yes, you can be unhappy without it impacting your happiness. You make that differentiation when you say: “Well this didn’t work but at least...makes me happy”.

Selichot is the time when we get our heads together and start to organize our best path to a good year. We start by acknowledging those things that may have caused us disappointment or unhappiness. Selichot is a beginning when we start the celestial conversation with “I’m sorry that... or I’m sorry about...”. The service ends with us asking for pardon for our sins of the previous year. Rosh Hashanah helps us to commit or dedicate the coming year to being the best year we can make. We start the Rosh Hashanah service facing our present in humility and awe when we say on page 17 of our *Mishkan Hanefesh Machzor*: “Here I am. So poor in deeds, I tremble in fear... do not hold them (my community) responsible for my wrongs and offenses...”. And, we end the service on page 301 with “May you be inscribed-and sealed-for a good year!” To begin our Yom Kippur, we turn to page 9. At the top of the page, we see the blessing: “...who places within us life everlasting”. And the last words of Yom Kippur on page 673 we say, “Next year in Jerusalem”.

We begin the year in humble retrospect. We move to the New Year from humility to happiness. We continue our spiritual journey recognizing that our lives move from this life to the next life as we look to Jerusalem as our metaphor for our ancestors who live eternally with all those who have gone before us and have saved a place for us in that place of eternal life.

As we are committed to helping you search for and build upon your good life, we look forward to being with you in the happy and unhappy times that reflect our past, give meaning to our present and shape our future.

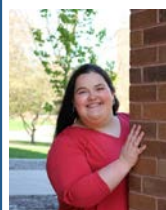
Wishing everyone a wonderful and sweet new year!

United Hebrew Staff Updates



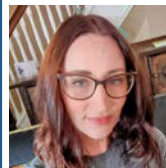
Cori Neidenberg: Executive Director

On July 1, Cori officially became Executive Director of UH. She has been an integral part of our community since 2010 serving in multiple capacities, most recently as Senior Director of Congregational Life. Having grown up at UH, she brings a great deal of institutional knowledge to the role, and we look forward to continuing to grow and thrive under her leadership.



Molly Ruder: Communication Manager

Molly joined our staff at the end of June and will be working on all communication for the congregation including the bulletin, weekly e-blasts, social media and marketing. She graduated from Drake University with degrees in Marketing and Graphic Design. She has recently found a love for hiking and photography, and does nature photography in her free time. Molly has always enjoyed volunteering, and can’t wait to find more volunteer opportunities around St. Louis and with UH.



Jennifer Tucker: Accounting

Jennifer started with UH about 3 months ago bringing with her 20 years of accounting experience. If you have any questions about your statements or donations, please give her a call. Jennifer loves to travel, spending time with family and volunteering at the Kaplan Feldman Holocaust Museum. Her most recent travel adventure was to New Orleans to attend a forum on the “Culture of Southern Sound” with speakers from all over the country. Hosted by The Historic New Orleans Collection of which Jennifer is a member.



President's Message - Sheryl Bauer



Every *HaMakor* and every Sunday "News from United Hebrew" eblast include references to Creative Connections. For those who don't know about Creative Connections, they are small groups, each with a common interest. Maybe you like activities such as biking, traveling, theatre or playing golf, and you would like to find other UH members who share your passion. Thanks to Cori Neidenberg and Sari Levy, UH can help publicize your interest, in hopes of finding others who want to form a group. Thank you, also, to Judy Babitz, who chairs our Membership Engagement Committee and this Creative Connections program.

To date, there are five very active Creative Connections groups, each with a different area of interest and purpose. All current groups are welcoming new participants and new ideas. In addition, new hobby groups are encouraged. This is a great way to make new UH friends and have fun doing what you enjoy.

CLIMATE CHANGE – Contact Diane Bleyer at bleyerd@hotmail.com or 314-402-3078

This group features speakers and projects related to renewable energy, carbon reduction and conservation. They have identified a composting opportunity for congregants, as well as ways for UH to be more energy efficient.

CRAFTING – Contact Jenny Stempel at JLStempel@gmail.com

Try your hand a various craft projects. This group meets the third Wednesday of every month at 10:30 AM at Pinspiration in the Chesterfield Valley. This is a great opportunity to share creative ideas with your UH friends, while making a special art project.

PHOTOGRAPHY – Contact Susan Keyes at wilkeypro@aol.com or 314-705-2273

If you enjoy photography, or just want to observe nature and beautiful sights, this group is for you. They have visited places of interest and captured unusual experiences, while enjoying the company of fellow UH photography enthusiasts.

READY for RETIREMENT? MEN'S GROUP to FOCUS on FINANCES – Contact Craig Bleyer at csbleyer@gmail.com or 314-402-5103

This group is for men who are approaching retirement. They have had several speakers and insightful discussions. They review financial strategies in a social atmosphere.

UH PRIME TIMERS – Contact Marilen Pitler at mpitler@prodigy.net or 314-225-9723 or Judy Berger at judy@ljmier.com or 314-374-5199. If you are a single senior (your definition of senior) and would enjoy social activities with other UH members, join in on the monthly activities. The group has gone to the movies, museums, R&R Ranch, restaurants, Fox Theatre and other fun places.

These are the small groups that have formed at UH, but the possibilities are endless. Please let Sari Levy know if we can help you form a new group that is focused on your passion. You may reach Sari at slevy@unitedhebrew.org or 314-469-0700.

As the High Holy Days approach, I wish you and your family a very happy, healthy and meaningful holiday season. I hope you use this as an opportunity to reflect on the year that is ending and count your many blessings. May the year 5784 be a sweet and good year for our UH family.

Shanah Tovah,



Greta Rosenstock: Music Specialist

Greta officially joined our staff part-time in July. She will continue to be the music specialist in the religious school as well as run our Tot Shabbat and Family Shabbats. Greta is also working to launch a K-5 youth choir this year. As a longtime congregant of United Hebrew (Confirmation Class of 2012), Greta Rosenstock is thrilled to be joining the staff as the music specialist this year! Greta is a performer, educator, and ritual leader who strives to deepen connections and create meaningful experiences through music. She previously lived in New York City, where she served the communities at Lab/Shul, the Society for the Advancement of Judaism (SAJ), Camp Havaya, the Abraham Joshua Heschel School, and more. Greta holds a Bachelor of Music in Music Education from the University of Kentucky, and also serves as the Music & Drama Teacher and Tefillah Specialist at Saul Mirowitz Jewish Community School.



Rachel Rothwell: K-5 Engagement Coordinator

Rachel is joining our staff part-time this month and will take over the engagement opportunities for kindergarten through 5th grade. Look forward to monthly social activities and other Sunday afternoon programming for this age group. Rachel grew up at United Hebrew and has been a teacher in our religious school for 17 years also serving in various capacities over the years for our youth groups.



Service Schedule

Selichot

Saturday, September 9

9:00 p.m. - Selichot Service

Memorial Service -UH Cemetery

Sunday, September 10

10:00 a.m. - Memorial Service

7855 Canton Avenue,
St. Louis, MO 63130

Erev Rosh Hashanah

Friday, September 15

7:30 p.m. - Erev Rosh Hashanah Service

Rosh Hashanah Day

Saturday, September 16

9:00 a.m. - Children's Service

10:00 a.m. - Morning Service

1:30-4:00 p.m. - Rosh Hashanah in the Orchard

Centennial Farms and Orchard

199 Jackson Street,
Augusta, MO 63332

2nd Day Rosh Hashanah

Sunday, September 17

10:00 a.m. - Morning Service

12:00 p.m. - Tashlich, Lake on Ladue Rd.

Kol Nidrei

Sunday, September 24

7:30 p.m. - Kol Nidrei Service

Yom Kippur

Monday, September 25

9:00 a.m. - Children's Service

10:00 a.m. - Morning Service

Early Memorial Service immediately following

1:30-3:30 p.m. - Moments of Meaning

4:00 p.m. - Afternoon, Memorial and Concluding (Neilah) Services

Sukkot

Friday, September 29

6:30 p.m. - Erev Sukkot Service outside.

Saturday, September 30

10:30 a.m. - Sukkot Morning Service

Simchat Torah

Friday, October 6

6:30 p.m. - Erev Simchat Torah Service

Saturday, October 7

10:30 a.m. - Simchat Torah Morning Service and Yizkor



Be Strong and of Good Courage!

Wednesday, September 6 at 7:00 p.m.—Spielberg Chapel and on Zoom

Preparing for the New Year through Psalm 27 – Elul, the month preceding Rosh Hashanah, comes with several traditions, including the daily reading of the 27th Psalm which reminds us to be strong and of good courage. In this session, we will engage with the words and messages of the 27th Psalm, as well as the themes of the High Holy Days, using them as inspiration for introspection, cheshbon hanefesh, the accounting of our soul. Register on the UH website or by calling 314-469-0700.

Young Family Program with PJ Library

Saturday, September 9 at 11:00 a.m. – UH Parking Lot

Join us for a Shabbat sing-a-long for young families in the main parking lot at United Hebrew. We'll celebrate Shabbat, complete a story book walk, and prepare for Selichot by "chalking" the parking lot (assigned spaces) with our wishes for the upcoming year! Please make your reservation on the UH website or by calling Angie Klenke at 314-434-3404.

How Can You Order Your Happy New Year?

Saturday, September 9 at 7:00 p.m. - Spielberg Chapel and on Zoom

Happiness can be a challenge to measure since it's so dependent upon circumstances controlled and uncontrolled. It is possible to identify that which makes you happy as much as you can identify what makes you unhappy. Just because you have some unhappiness doesn't mean that you cannot be happy at the same time. Cantor Eichaker will explore the latest researched backed approach to identifying and separating happiness and unhappiness through an engaging and informative program. Participants will come away with their own happiness journal that they can bring to all the services from Selichot to Simchat Torah so they can create and keep a High Holy Days Happiness Journal. Register on the UH website or by calling 314-469-0700.

Whiskey & Wisdom

Wednesday, September 13 at 7:30 p.m. - Kaplansky Center

Join Rabbi Reinhart for a pre-Rosh Hashanah celebration of Whiskey & Wisdom. We'll enjoy each other's company, taste some new whiskeys, and feed our minds with the wisdom of the High Holy Days. So, whether you join for the whiskey or the wisdom, expect the results to be sweet as we prepare to welcome in the New Year. Register on the UH website or by calling 314-469-0700.

Rosh Hashanah in the Orchard

Saturday, September 16 at 1:30pm-4:00pm - Centennial Farms and Orchard

Bring a picnic lunch and join us at Centennial Farms for an afternoon of apple picking. At 2:00p.m., there will be a sing-a-long with UH Artist-in-Residence Rick Recht and the UH clergy. This is perfect for the whole family and friends. There will also be a tashlich experience. Non-Members are welcome!

United Hebrew will cover the cost of admission. If you would like to purchase apples, you may do so at your own expense. Please bring blankets or chairs to sit on. RSVP by September 7. To make a reservation, please visit unitedhebrew.org or contact Sari Levy at slevy@unitedhebrew.org or 314-469-0700.



Upcoming Programs

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:

2023

Sep 7: *The Personal Librarian* by Marie Benedict and Victoria Christopher Murray

Oct 5: *Once We Were Home* by Jennifer Rosner

Nov 2: *The Guncle* by Steve Rowley

Dec 7: *Horse* by Geraldine Brooks

2024

Jan 4: *Sadie on a Plate* by Amanda Elliot

Feb 1: *The Four Winds* by Kristin Hannah

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

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.

Chair Exercise with Joyce Hochberg

Mondays at 1:30 p.m.

No Classes in September

October 9 in person and Zoom, October 16 and 23 Via 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.

Intergenerational Game Night

Wednesday, August 30

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. Pizza and drinks provided, bring a dessert to share.

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

Singing Bowl Meditation

Saturday, October 7 at 1 PM

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.

Adult Education Opportunities

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

Shabbat Morning Torah Study

Saturday mornings

Cantor and Rabbis

9:00 a.m. – 10:00 a.m.

Whiskey & Wisdom

2nd Wed. of the Month

Rabbi Reinhart

7:30 p.m.

We'll do a little bit of learning, enjoy some good whiskey, and, most importantly, meet new people and be in community!

Adult Intermediate Hebrew

Thursdays, beginning September 28

Suzy Weber

10:00 a.m.

Amateurs of the Great Assembly

Thursdays

Cantor Eichaker

11:30 a.m.—1:00 p.m.

Currently, we are studying the Torah Service.

Starting October 5th, we will be starting at 11:00 a.m.

UH Welcomes Speaker

Dr. Nirit Bernstein

Monday, October 30 at 7:00 p.m.

Spielberg Chapel

Professor Nirit Bernstein, recent winner of two international awards, is Israel's leading expert on soil and water conservation and on the use of medical cannabis for diabetes, Alzheimer's, asthma, and Tourettes. Her lecture will feature Israel's latest groundbreaking contribution to agricultural research in the field of Medical Cannabis. With governmental approval and encouragement, Israel is a global leader when it comes to pioneering medical cannabis research and development. Cannabis has a potential to help with many medical conditions, but very little is known about optimal cultivation techniques for medical use and patient specific tailored treatment. What are the secrets of cannabis? Why is it necessary to consume it naturally as a plant material rather than to use it to develop conventional medicines? Why is it that despite its medicinal properties cannabis is still considered a dangerous drug? Dr. Bernstein will discuss what it entails to be a cannabis researcher; challenges for high-tech cultivation for medical use, potential for finding cures for serious diseases like diabetes, cancer, and multiple sclerosis, and will unravel recent developments for optimization of the medical cannabis crop.



K-12 Education & Engagement

The school year is almost here! Our staff has been getting ready to welcome you for a new year of learning and fun. We have been working through a new curriculum and are excited to share it with you. Our teachers also enjoyed their staff training and their workshop with Rabbi Noam Katz who did an in-service while he was here for his artist-in residency earlier this month.

Religious school begins Sunday, September 10 and Hebrew Groups will begin the week of October 1.

If you have not registered, please contact Angie Klenke at aklenke@unitedhebrew.org or 314-434-3404 or follow the instructions below.

1. Login at <https://unitedhebrewcongregation.shulcloud.com>
2. Click My Account
3. Click Start School Enrollment
4. Set up Method of Payment

Hebrew Bootcamp

Hebrew Bootcamp is a great time for you to freshen up on your Hebrew skills that you learned over the last year and may need to brush up on before the school year starts. Hebrew Bootcamp is free and will take place on Sunday, September 10 after religious school for our 4th/5th graders, and before religious school for 6th and 7th graders. All students may attend regardless of when your weekly Hebrew group meets.

6th-7th grade: 9:00-11:15am

4th-6th grade: 11:15am-1:00pm (pizza will be served)

Email Laura Wildman at LWildman@unitedhebrew.org

From the Duck Pond

A great summer has come to a close! We had oodles of UHers at Jewish overnight camps and Israel trips - expanding their horizons and strengthening their ties to Judaism. I was lucky to see many UHers in Zionsville, Rocky Mount, and Jerusalem!

To keep doing Jewish during the camp off-season, make sure to keep on learning at Religious School and socializing in Youth Groups. We have classes, retreats, opportunities to be a teacher's assistant, hang out time, social action activities, and conventions throughout the year all through the end of High School.

Want to figure out how to connect your teen into doing Jewish? Meet with H. Lee and make a plan!



United Hebrew celebrates our Jewish Overnight Campers! We had campers and staff and faculty at GUCI, Sabra, 6 Points Sports, Camp Chi, Camp Wise, Blue Star, Young Judea, Coleman, & 6 Points Sci-tech.



Announcements

Welcome New Members

Nir & Natalia Kehat, Caio, Bella, & Maya
Bob & Valerie Parham
Allison Neuman, Lily Tzadok
Amie Tripodi

Backpack Buddies & The Harvey Kornblum Jewish Food Pantry

United Hebrew is proud to support the Harvey Kornblum Jewish Food Pantry as well as our own Backpack Buddies program that benefits students at Hanna Woods Elementary and their families. Your donations to both are appreciated. Non-perishable food items can be placed in the grocery carts or red bins located at the sanctuary entrance and on the school side of the building.

If you would like to make a monetary donation to UH's Backpack Buddies, you may do so at www.unitedhebrew.org

American Red Cross Blood Drive

November 8, 11:00 a.m.-3:00 p.m.

Be someone's hero. Give blood.

United Hebrew will proudly partner with the American Red Cross to hold a blood drive. The Red Cross has over 130 years of experience providing humanitarian aid – including more than 70 years of supplying blood to those in need. Each pint of blood we collect can help save up to three lives and will touch the lives of so many more. What a great way to make an impact on people in our community and across the country. It's not every day that we do something that has such a lifesaving impact.

To schedule an appointment, please visit redcrossblood.org and use the sponsor code: [unitedhebrew](http://unitedhebrew.org)

Thank You

Nosh Sponsor- 6/16/2023

Dale Schwartz in honor of Stan & Flora Schwartz's 69th Anniversary

Oneg Sponsor- 7/7/2023

Mia Broome in honor of Jerry Yoffie's 100th Birthday

Nosh Sponsor- 7/21/2023

Murray & Joyce Hochberg in honor of their 44th Anniversary

Gloria Ruben in memory of Michael Ruben and the dedication of Memorial Plaques for Esther & Max Ruben

A special thanks to Dale, Mike, Jim, Stephanie & Cindy for helping with our June Senior Lunch.

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.

Volunteers Needed!

United Hebrew is looking for volunteers!

There are a variety of different opportunities in the UH office. We are looking for those who want both a one time volunteer opportunity or who would like to come in on an ongoing basis.

If you are interested, please contact Sari Levy at 314-434-3404



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Perpetual Memorials

The Congregation extends its sincere condolences to the families of

FRED BABITZ

Father of
Bryan (Judy) Babitz
Grandfather of
Andy (Diana) Babitz
Danny (Katelyn) Babitz
Amy (Weston) Manley
Joe (Ali) Babitz

ELSIE HABER BUNSICK

Mother of Stan
(Denise) Bunsick

SONNY FRIEDMAN

Grandmother of
Brittney Friedman

HENDRIK "HANK"

GEERLOF

Father of Maida (Ilan)
Geerlof-Vidavsky

BARUCH (BRUCE)

HYMAN

Son of Leonard
Hyman

MARVIN IRWIN

KOENIG, MD

Father of Gary
Koenig, MD (Betsy)

SIDNEY LEVIN

MARJORIE

LLEWELLYN

Sister of Barbara
(Stuart) Meyer

SARUTH MERRIMS

JEANETTE RAND

Mother of Betsy
Dow

BEVERLY OPPER

ROSENBERG

Mother of
Lee (Brigitte)
Rosenberg
Grandmother of
Zoë, Joe, & Sadie
Rosenberg

8/27/23 – 9/2/23

Leonore Crown Abshier
Daniel Averbuch
Eleanor Baris
Morris Beck
Louis A. Block
Sidney S. Blumenau
Lena Bronson
Betsy Warshaw Brown
Leonard E. Cohn
Leon J. Cranis
Sam Demba
Jennie Diener

9/3/23 – 9/9/23

Regina Berk
Fred Blank
Solomon Brasch
Fred Deutsch
Ben DeWoskin
Fannie Dunie
Dr. Joseph E. Fields
Samuel Fischer
Hershel Frankel
Sandra "Sandy" Ruth
Ginsberg

9/10/23 – 9/16/23

Shifra Alper
Lillian Arnowitz
Ralph Bolozky
Barbara Bournstein
Helen Goldstein Brown
Esther Wilk Chinsky
Henry C. Cohen
George J. Cohen
Ida Dubinsky
Beckie Epstein
Ida B. Epstein
Frieda W. Fadem

9/17/23 – 9/23/23

Bertha Lees Baran
Mildred Bloch
Robert Blumberg
Mordecai B. Brown
Bernard Catlin
Marcella A. Cohen
Jean Dubman
Louis C. Epstein
Edith A. Falk
Samuel Ferman

9/24/23 – 9/30/23

Anna Carl
Sophia Crystal
Clara Darrish
Maurice Davis
Corinne B. Edelstein
Martin M. Enoch
Harry Fagin
Hyman Feldman
Leon Feldman
Sarah Fischman
Harry Fishman

Rae M. Felsen
Nathan Fleishman
Elaine B. Harris Fox
Pearl Fuhrer
Julius D. Gallant
Doretta Cohen Goldenberg
Della Gottschalk
Sheldon (Shelley) Grafman
Bella Harris
Harry Heifetz
Aaron J. Iskiwitch
Rose B. Jacob
Gerald "Jerry" Joffe

Eugene Goldstein
Beatrice S. Halpern
Verda Hoffman
Sidney Hookerman
Leon A. Katz
Jacob Kessler
William Klein
Jennie Lampert
Sam Ben Lappeman
Dolores Lasky
Milton Levine

Iris M. Farrell
Lois Feigenbaum
Nathan Feinberg
Margaret Friedman-
Vaughan
Sadie Gordon
Marilyn Margulis Green
Louis D. Haffner
Todd Harris
Israel Harris
Frances Harris
Helen Hochman
Sarah Iskiwitch

Shirley Jagust Finbloom
Joseph Finkelstein
Frank H. Fishgall
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Sara Friedman
Joseph Ganz
Elene L. Ginsburg
Roselin M. Grosberg
Lillian Hartman
Leon Hurwitz
Goldie Jasper

Maurice Friedman
Jean Helen Friedman
Lulu M. Furfine
Herman V. Gibstine
Archie Glick
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Joseph Shapiro
Stanley Stone
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Elizabeth Stuart
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Lois M. Winthrop
Harry H. Zucker



Perpetual Memorials

10/1/23 – 10/7/23

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Anna Berger
Sylvia Tyner Bloom
Joe Cohen
Robert A. Cohn
Carol Ann Faintich
David S. Feinberg
Ruby Friedman
Esther Friedman
Isador D. Gad

Annetta Fishman Gallop
Jennie Gers
Melvin Harris Glick
Florence Gottlieb
Herman L. Green
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Ben Oglander

Milton M. Schneider
Harry Schnurr
Allen Schulman
Dr. Meyer Seligman
Dolores Shaftal
Sam Siegelman
Max Silverstein
Dolly Spiegel
Walter Stark
David M. Stein
Herman Steinberg

Dorothy E. Steinman
Edward Sterneck
Sidney Svarin
Nat Veden
Jacob E. Warner
Bertha Werner
Pauline Zepin
Albert I. Zwielman

**JEROME "JERRY"
RONALD SESLEN**
Brother of Elaine
(Donald) Potashnick

TERRY A. WESLER
Brother of Susan
(Allan) Cohen

10/8/23 – 10/14/23

Leona Kravitz Altman
Herman Batavia
David Binder
Freida Levy Brodden
Ruben Cohen
Ann B. Cohen
David M. Crown
Isadore Dolgin
Anna Fischer
Irvin Fox
Celia Frank
Emanuel Fuhrer
Esther L. Ginsburg
Louis F. Glaser

Anna Edith Gliner
Paul Goldberg
George L. Golden
Florence Goldenherst
Min Goldman
Robert I. Grossman
Leonard B. Grosz
Louis Hiken
Barbara Goodman Hill
Marcia R. Jaffe
Harry B. Katz
Sarah Katz
Allen Ross Kleban
Barney Klein
Beryl E. Kohn

Frances Kornblum
Jacob Lamberg
Simon G. Lasky
Robert Levitt
Minnie Linsky
Leo G. Minner
Dan David Morgan
Myron Moss
Belle "Sissie" Feinstein
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Octavia Simon
Anne Slein
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Lillian Pocras Starr
Isaac Stockman
Jack J. Stone
Abraham Strauss
Ralph F. Tripp
Julia Weiss Warner
Gene E. Winterman
Robert J. Wohl
Michael B. Yedlin

**THOMAS H.
WHATLEY**
Father of Phil
(Cheryl) Whatley

Because of space limitations, condolences are listed for members and their immediate relatives. In addition, only immediate relatives of the deceased who are members are listed.

10/15/23 – 10/21/23

Harry Alter
Goldie Berger
Julia Biederman
Alfred Bromet
Harriet J. Bronfin
Meyer Bronson
Dorothy Cohen
Kenneth Samuel Fadem
David M. Faintich
Erwin Field
William Fink

Isidore Fischlowitz
Jessie Levy Goldberg
Guenter Goldsmith
Gloria Elins Goldstein
Frances Newman
Handelman
David Harris
Lillian Heifetz
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Arnold Lehrman
Phillip Mariam
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Albert Mayer
Henrietta L. Meyer
Edward C. Meyer
Abraham G. Minner
Frank Allen Oswitz
Emma Ouzan
Norman A. Peskind

Robert Potashnick, M.D.
Rose K. Raines
Hannah Reynolds
Ben R. Schneider
Paul Schneider
Ruth Schwartz
Jerome Shainman
James Douglas Smith
Esther Solar
Sarah Shapiro Stone
Sol Charles Strauss
Isaac H. Symons

Ben F. Turner
Gustav A. Vittert
Max Wagner
Rosa Weil
Lori Beth Weintrop
Gertrude Weisman
Ida Weiss
Malcolm G. Weiss

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.

10/22/23 – 10/28/23

Rose Mary Backlar
Gottlieb B. Barken
Max Barnholtz
Stanley Edward Beck
Dr. Arnold S. Block
Minnie Jaffe Blumenau
Louis M. Blumenthal
Maurice S. Brasch
Reuben L. Brilliant
Jessie Bronstein
Nancy Ellen Brown
Rose Cherry
Jack Claris
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Kate Cohn
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Samuel Ellis
Bernice Essman
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Marcus A. Feldman
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Ida Fixman
Jack M. Gentle
Irma R. Gersmann
Dewey G. Getzlow
Sonia Gilberth
Karlyn E. Gitlin
Etta Glazer
Janet Goldblum
Emil Green
Bertha Greenberg
Annie Haffner

Alfred Hirsh
Ruth K. Hymes
Barry Iken
Bertha Jacobs
Reva Jaffe
Bett Ragin Jasper
Stanley Katz
Sol Kranzberg
Marilyn Feldman
Kreisman
Max Landau
Freda Serkes Lewis
Harry Lipschitz
Dr. Stanley F. Maer
Mitchell Melnik
Wilma Jean Messing

Elaine Newman Moranz
Louis Muchnick
Isaac H. Niss
Henry M. Poslosky
Birdie Potashnick
Samuel Rain
Nathan S. Raymond
Jeffrey Charles Raymond
Morris Rosenstroch
Abraham Rothstein
Eva Salomon
Ben Satz
Esther B. Schwartz
Evelyn Seligman
Mary Seslen
Lois Klayman Shear

Ethel Hutkin Sherman
Clara S. Simon
Abraham Slupsky
Simon S. Sohn
Frances Spiegelman
Nathan N. Stein
Marlene Grosberg Stone
Noni Symons
Myron (Wally) Waldman
Irwin Walpert
Bessie Weitzman
Samuel Wiley

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.



Tributes

***David Kaufman**
 Bev Golder
***Adolph Kusmer**
***Faye Kusmer**
 Linda Kusmer
***Gary Allen Lebcowitz**
 Jay & Anita Lebcowitz
***Bertha Lite**
 Joyce Davis
***Jules Martin Lucas**
 Harriet Bretsnider
***Anita Mallen**
 Mark & Linda Mallen
***Sherwin Malt**
 Rose Malt
***Perry Mamroth**
 Florine Mamroth
***Charles "Chuck" Miller**
 Judy Block
 Randie Miller
***Anna Millstone**
***Sam Millstone**
 Sandy Birrittier
***Warren & Beverly Milius**
 Eliot & Nancy Planells
***Philip Rubin Newmark**
 Barry Newmark & Caryn Carlie
 Lynn Newmark
***Helen Novack**
 Bruce & Phyllis Gardner
***Isadore Palans**
 Sandy Palans
***Lillian Plax**
 James & Susan Schlueter
***Eleanor Rickensohl Kaiser**
 David & Sharon Kaiser
***Marjorie Robertson**
***Norman Lewis Robertson III**
 Art & Candy Zemon
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***James Sherman**
 Steve & Susan Sherman
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 Herb Sobelman
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 David & Bridget Spewak
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 Mary Stein
***Herman M. Stern**
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***Paula Weintrub**
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 Marvyn Yavitz
***Ethel Zemon**
***Lorraine Zemon**
 Art & Candy Zemon

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 Linda Kusmer
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***Bob Sterneck**
 Richard & Ilene Scharnhorst

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IN MEMORY OF:
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 Diane & Craig Bleyer
***Robert Perlman**
 Melissa Chelist

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IN HONOR OF:
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 new Board Chair of JCRC**
 Arlene Goodman & Stan
 Towerman
IN MEMORY OF:
***Aaron Komen**
 Arlene Goodman & Stan
 Towerman

UNITED HEBREW CEMETERY PERPETUAL CARE FUND

IN MEMORY OF:
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 Marcia Allison
 Susan Allison
***Dr. Benjie Boonshaft**
 Joyce Boonshaft
***Dave Cornfeld**
***Oro Duhov**
 Rick & Marcy Cornfeld
***Lillian Goldstein**
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***Melva R. Goldstein**
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Scroll of Honor

UNITED HEBREW CONGREGATION

2023 Scroll of Honor

This represents all 2023 commitments received as of 8/8/2023

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Barry & Leslie Yoffie

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(Anonymous)
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The United Hebrew Scroll of Honor was 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
Bryan and Judy Babitz
Mitch and Lynda Baris
Edward Becker
Jerry (z"l) and Rosalie Brasch
Rick and Marcy Cornfeld
Phil and Helene Frischer
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UNITED HEBREW CEMETERY



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University City, MO 63130
Phone: 314-427-5900
Barry Needle, 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

CONGREGATION

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Ronald D. Eichaker, **Cantor**
Howard G. Kaplansky, **Rabbi Emeritus**
Murray W. Hochberg, **Cantor Emeritus**

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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.

One Gudder Campus
13788 Conway Road
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is in session and by appointment
(Iris - 314-852-2440)