



# HAMAKOR המקור

THE SOURCE

## United Hebrew Congregation

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

May/June 2024/5784  
Volume XCXIII No. 5

CELEBRATE

*Cantor  
Eichaker*

AT UNITED HEBREW CONGREGATION'S  
ANNUAL FUNDRAISER EVENT

saturday, june 8  
4:00 - 7:00 p.m.

R&R RANCH

18222 WILDHORSE CREEK ROAD  
CHESTERFIELD, MISSOURI 63005

A SIMPLE YET ELEGANT OUTDOOR AFFAIR

SEE PAGE 6 FOR TICKET, SPONSORSHIP AND TRIBUTE INFORMATION

## UNITED HEBREW WELCOMES Cantor Shirel Richman

WE ARE EXCITED FOR HER TO JOIN  
OUR UNITED HEBREW FAMILY  
ON JULY 1, 2024.

THERE WILL BE MANY OPPORTUNITIES  
TO MEET CANTOR RICHMAN AFTER  
HER ARRIVAL IN ST. LOUIS

READ MORE ABOUT CANTOR RICHMAN ON PAGE 7



# Shabbat Schedule

In-Person, Zoom, Live stream, and Facebook

## May 2024

### Friday, May 3

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

### Saturday, May 4

#### Nisan 26 5784

*Acharei Mot*

9:00 a.m. Torah Study  
10:30 a.m. Shabbat Morning Service  
**Bat Mitzvah of Eve Berger**  
*Daughter of Brett and Alison Berger*

### Friday, May 10

6:30 p.m. Israel Shabbat Service

### Saturday, May 11

#### Iyar 3 5784

*K'doshim*

9:00 a.m. Torah Study  
10:30 a.m. Shabbat Morning Service  
**Bat Mitzvah of Lucie Neumann**  
*Daughter of Ryan and Jessica Neumann*

### Friday, May 17

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

### Saturday, May 18

#### Iyar 10 5784

*Emor*

9:00 a.m. Torah Study  
10:30 a.m. Shabbat Morning Service  
**B'nai Mitzvah of Brody and Landon Spielberg**  
*Sons of Tony and Lauren Spielberg*

### Friday, May 24

6:00 p.m. Shabbat Service

### Saturday, May 25

#### Iyar 17 5784

*B'har*

9:00 a.m. Torah Study  
9:00 a.m. Shabbat Morning Service  
**Bar Mitzvah of Judd Levy**  
*Son of Richard Levy and Amy Bender-Levy*  
11:00 a.m. Shabbat Morning Service  
**Bar Mitzvah of Samuel Ozersky**  
*Son of Philip and Amanda Ozersky*

### Friday, May 31

6:00 p.m. Shabbat Service

## June 2024

### Saturday, June 1

#### Iyar 24 5784

*B'chukotai*

9:00 a.m. Torah Study  
10:30 a.m. Shabbat Morning Service  
**Bar Mitzvah of Ari Lourie**  
*Son of Michael and Simcha Lourie*

### Friday, June 7

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

### Saturday, June 8

#### Sivan 2 5784

*B'midbar*

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

### Friday, June 14

6:00 p.m. Shabbat Service

### Saturday, June 15

#### Sivan 9 5784

*Naso*

9:00 a.m. Torah Study  
10:30 a.m. Shabbat Morning Service  
**Bat Mitzvah of Carmen Wolkowitz**  
*Daughter of Robert and Amanda Wolkowitz*

### Friday, June 21

6:00 p.m. Shabbat Service  
Anniversary Blessings  
7:00 p.m. Dessert Oneg

### Saturday, June 22

#### Sivan 16 5784

*B'haalot'cha*

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

### Friday, June 28

6:00 p.m. Shabbat Service

### Saturday, June 29

#### Sivan 23 5784

*Sh'lach L'cha*

9:00 a.m. Torah Study  
10:30 a.m. Shabbat Morning Service  
**Bat Mitzvah of Mikaela Malt**  
*Daughter of Marty and Jackie Malt*

The Confirmation Class of 5784  
requests the honor of your presence  
at their Confirmation Service

Friday, May 17, 2024  
at 6:30 p.m.

## Mazal Tov to the 2024/5784 Confirmation Class

**Sadie Alper**  
Kerri and Craig Alper

**Samantha Cohen**  
Emily and Dan Cohen

**Harrison Dubman**  
Sheila and Tim Dubman

**Erin Greenblatt**  
Shelli Greenblatt

**Andrew House**  
Dipali and Sanford House

**Reis Lourie**  
Simcha and Michael Lourie

**Jeremiah Mantinband**  
Cherie Ring Mantinband and Monti Mantinband

**Carson Shostak**  
Stacey and Grant Shostak

**Marah Swillinger**  
Courtney and Eric Swillinger

## Honor Israel at UH



### Israel Shabbat Service

Friday, May 10  
6:30 p.m.

Join us for our annual Shabbat celebration Israel with music and prayer.

### Taste with Memory

Wednesday, May 15  
6:30 p.m.

Join UH Shinshin Ofer to remember fallen Israeli soldiers and murdered Israeli citizen by making their favorite meals. Register at: [tinyurl.com/TasteWithMemory](https://tinyurl.com/TasteWithMemory)



# May & June Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>April 28</b> Alan Goodis 9 am K-5 RS 10 am 6-10 RS 11:30 Alan Goodis Concert & Picnic	29 9 am Passover Yizkor Service	30 1 pm Crochet/Knit Group	<b>May 1</b>	2 10 am Adult Hebrew 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 Shabbat Morning Service 12:30 pm Pirkei Avot Class
5 9 am K-5 RS 10 am 6-10 RS 4:30 pm UH Upper Class	6 1:30 pm Chair Exercise- Zoom	7 1 pm Crochet/Knit Group	8 7:30 pm Whiskey & Wisdom	9 10 am Adult Hebrew	10 6:30 pm Israel Shabbat Service	11 9 am Torah Study 10:30 am Shabbat Morning Service 12:30 pm Pirkei Avot Class
12 <b>Mother's Day</b>	13 1:30 pm Chair Exercise Class - Zoom	14 1 pm Crochet/Knit Group	15 6:30 pm Board of Trustees 6:30 pm Taste with Memory	16 10 am Adult Hebrew	17 5:30 pm Tot Shabbat 5:45 pm Shabbat Nosh 6:30 pm Confirmation Shabbat Service	18 9 am Torah Study 10:30 am Shabbat Morning Service 12:30 pm Pirkei Avot Class
19 5 pm Family Holiday Cooking Series - Shavuot	20 12 pm Senior Program 1:30 pm Chair Exercise- Zoom	21 1 pm Crochet/Knit Group	22	23 10 am Adult Hebrew	24 6 pm Shabbat Service	25 9 am Torah Study 9 am Shabbat Morning Service 11 am Shabbat Morning Service 12:30 pm Pirkei Avot Class
26	27 <b>Memorial Day - Offices and School Closed</b>	28 1 pm Crochet/Knit Group	29 6 pm Intergenerational Game Night	30	31 6 pm Shabbat Service	<b>June 1</b> 9 am Torah Study 10:30 am Shabbat Morning Service 12:30 pm Pirkei Avot Class
2	3	4 1 pm Crochet/Knit Group	5	6 1:30 pm Susan Kaplansky Book Club	7 6 pm Shabbat Service 7 pm Dessert Oneg	8 9 am Torah Study 10:30 am Shabbat Morning Service 4 pm Cantor Eichaker Celebration Event
9	10	11 1 pm Crochet/Knit Group	12 <b>Shavuot - Office Closed</b>	13	14 6 pm Shabbat Service	15 9 am Torah Study 10:30 am Shabbat Morning Service
16 <b>Father's Day</b>	17	18 1 pm Crochet/Knit Group	19 <b>Juneteenth - Offices and School Closed</b>	20	21 6 pm Shabbat Service 7 pm Dessert Oneg	22 9 am Torah Study 10:30 am Shabbat Morning Service
23	24	25 1 pm Crochet/Knit Group	26 6:30 pm Board of Trustees	27	28 6 pm Shabbat Service	29 9 am Torah Study 10:30 am Shabbat Morning Service
30	<b>July 1</b>	2 1 pm Crochet/Knit Group	3	4 <b>Independence Day - Offices and School Closed</b>	5 6 pm Shabbat Service 7 pm Dessert Oneg	6 9 am Torah Study 10:00 am Shabbat Morning Service 1 pm Singing Bowl Meditation

## Shabbat Services Time Changes

**May 24 - August 30 Shabbat Evening Services will begin at 6:00 p.m.**

**There will not be a Shabbat Nosh June- August. On those dates, there will be a Dessert Oneg**

**Beginning July 1, Shabbat Morning Services will begin at 10:00 a.m.**



# Clergy Message - Rabbi Reinhart



As we move into May, we will have just finished the holiday of Passover, and hopefully, will have fulfilled the commandment to “see ourselves as if we personally came out of Egypt.” We have the tendency to interpret this aspect of the holiday primarily in the communal sense – as seeing ourselves as the descendants of the Israelites, appreciating the Passover story and the Exodus as a seminal moment in the formation of the Jewish people and Jewish identity, and embracing the values of freedom and faith which underlie the central narrative. The result of this encourages us to focus on the rituals of the holiday, retelling the story at the Seder, engaging with the symbols through our sense of taste, smell, sight, and, of course, “placing ourselves in the ‘hardship’ of the Israelites” by eating matzah and avoiding leaven for one week. All of this is important and worthwhile, heightening our experience of Judaism and often reinforcing our sense of Jewish identity. However, if we leave it at that, then we miss out on an opportunity to deepen the personal meaning we can find in the holiday and the ongoing impact it might have as we experience life.

In the lead-up to Passover, our Confirmation class dove into parts of the story by watching the very end of the excellent retelling of the Exodus by DreamWorks, *The Prince of Egypt*. As we came to the climax of the film, the splitting of the sea, a few of the students had a very common, and age appropriate, reaction: “Okay, there’s no way this actually happened!” For the most part, this attitude is compatible with the aforementioned communal understanding of seeing ourselves as if we came out of Egypt. However, this skepticism removes any emotional connection to the story, any sense of awe in the wonders described. In other words, it takes the “personal” out of seeing ourselves as if we came out of Egypt and distances us from experience these emotions.

Even so, all too often we can default into this skeptical approach simply because it is easier to distance ourselves from the experience, whether out of a desire to over intellectualize our stories, focusing too much on their historicity rather than their truth, or out of a discomfort with or minimization of certain emotions. For, in that same moment, one of the other students expressed a completely different and deeply personal reaction. Upon seeing the massive walls of water and the narrow space the Israelites walked through, they said, instinctually, “That’s terrifying!” What they experienced in that moment of empathetic connection to the story was a true sense of awe, which in many ways, is actually what it means to “see ourselves as if we personally came out of Egypt.”

The week-long semi-reenactment that takes place during Passover is only a small part of the experience. Rather, the purpose of this commandment is to renew our own sense of awe at the wonders, the signs, performed in the story and, perhaps, to re-sensitize ourselves to the wonders in the world around us. So, as we move into May and June, this summer, may we look for the small signs, the daily miracles, and divine moments. May we seek to experience these with the same awe with which the Israelites held the splitting of the sea. And, in doing so, may we find deeper meaning in our lives and a greater appreciation for each opportunity we are given.

*David A. Reinhart*

## Adult Education Opportunities

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

<b>Shabbat Morning Torah Study</b> Saturday mornings	<i>Cantor and Rabbis</i> 9:00 a.m. – 10:00 a.m.
<b>Whiskey &amp; Wisdom</b> May 8	<i>Rabbi Reinhart</i> 7:30 p.m.
<b>Adult Intermediate Hebrew</b> Thursdays Through May 23	<i>Suzy Weber</i> 10:00 a.m.
<b>Amateurs of the Great Assembly</b> Thursdays	<i>Cantor Eichaker</i> 11:00 a.m.—12:30 p.m.
<b>Spring Pirkei Avot Course</b> Saturdays April 27 - June 1 Registration is closed Walk-ins will be able to observe but will not be able to participate in the small-group exercises.	<i>Cantor Eichaker</i> 12:30 p.m.—2:00 p.m.

## Shavuot 2024

June 11-12

### Holiday Cooking Series: Shavuot Sunday, May 19 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. Single Adults and couples without children are also welcome. Contact Sari, [slevy@unitedhebrew.org](mailto:slevy@unitedhebrew.org), with questions.

### Leil Shavuot

#### with West County Reform Congregations Tuesday, June 11

Join Cantor Eichaker and Rabbi Reinhart at Shaare Emeth from 7:00 p.m. - 9:15 p.m. for a community-wide Shavuot celebration with study sessions, a service, and dessert. We will join together with the clergy and community from the four West County Reform congregations.



# President's Message - Jim Susman



Transitions encourage growth. Reflecting on the transitions we have all experienced either personally or from afar as a parent or grandparent watching a child transition from preschool to kindergarten, from middle school to high school, and then college to adulthood. But we have all learned and thrived from these life changes. We, as a congregation, are experiencing two simultaneous transitions in the coming months.

One is the transition from our beloved Cantor Eichaker, who has served United Hebrew with great distinction for 25 years, to Cantor Shirel Richman, who will be joining our congregational family on July 1. The other is centered around the Millstone Sanctuary, which will be given a refresh during the summer months, through the generosity of Eva Ashner in honor of her late husband, Fred (z"l).

The sanctuary refresh will present a new environment. Will my family like the new, movable seats with more leg room, and how will I find my "regular" High Holy Day or Shabbat seats in the Sanctuary where the seating configuration may be slightly altered?

At a recent Board of Trustees meeting, Rabbi Rosenberg discussed transitions and how they relate to our United Hebrew family. In quoting William Bridges she said "Transitions involve three stages: an ending, a neutral zone and a new beginning." Accepting the End – let go of the past and honor and grieve the ending, but accept it.

The Neutral Zone is the no-man's land between the old reality and the new.

New Beginnings – people get to new beginnings only if they have first made an ending and spent some time in the neutral zone. Just as we say on Yom Kippur, "may you have an easy fast," we hope you "experience an easy transition."

## Mazel Tov to our B'nai Mitzvah



**Eve Berger**  
May 4, 2024  
10:30 a.m.



**Lucie Neumann**  
May 11, 2024  
10:30 a.m.



**Brody Spielberg**  
May 18, 2024  
10:30 a.m.



**Landon Spielberg**  
May 18, 2024  
10:30 a.m.



**Judd Levy**  
May 25, 2024  
9:00 a.m.



**Samuel Ozersky**  
May 25, 2024  
11:00 a.m.



**Ari Louri**  
June 1, 2024  
10:30 a.m.



**Carmen Wolkowitz**  
June 15, 2024  
10:30 a.m.



**Stella Shapiro**  
June 20, 2024  
Celebrating Abroad



**Mikaela Malt**  
June 29, 2024  
10:30 a.m.



CELEBRATE

# Cantor Eichaker

AS HE TRANSITIONS TO CANTOR EMERITUS

SATURDAY, JUNE 8

R&R RANCH

\$140 PER PERSON

COCKTAIL ATTIRE

4:00–7:00 p.m.

18222 Wildhorse Creek Road, Chesterfield, MO 63005

Includes open bar and heavy appetizers and desserts

Please wear closed-toed shoes

## Sponsorships

**DIAMOND SPONSOR: \$6,000**

8 admissions

Full page ad in tribute book (prime placement)

Prime Event Seating

End of the Evening Tour of the R&R Ranch Barn

HHD Reserved parking and 6 reserved seats

Video Tribute

**PLATINUM SPONSOR: \$4,500**

8 dinner admissions

Full page ad in tribute book

Prime Event Seating

End of the Evening Tour of the R&R Ranch Barn

Video Tribute

**GOLD SPONSOR: \$3,600**

6 dinner admissions

Full page ad in tribute book

Video Tribute

**SILVER SPONSOR: \$1,800**

4 dinner admissions

Half page ad in tribute book

Video Tribute

**BRONZE SPONSOR: \$1,000**

2 dinner admissions

Quarter page ad in tribute book

Video Tribute

## Tribute Book

**DEADLINE IS MAY 17, 2024**

Please consider an ad in the Tribute book for you business or in celebration of Cantor Eichaker. The book will be printed and distributed to those attending the gala as well as published on the UH website. *All ads are full color.*

**FULL PAGE COVER AD: \$600**  
(7.5" width x 4.75" height) Limited availability

**FULL PAGE AD: \$400**  
(7.5" width x 4.75" height)

**HALF PAGE AD: \$200**  
(3.5" width x 4.75" height)

**QUARTER PAGE AD: \$100**  
(3.5" width x 2" height)

**NAME LISTING: \$36**  
Listed under a special banner congratulating Cantor Eichaker

*New* **VIDEO TRIBUTE: \$36**

We're creating an online video tribute compilation to celebrate Cantor Eichaker. Use your phone or computer to submit a short video with your favorite memory or well wishes.

**EVENT CHAIRS:** Stacy Rolfe & Belle Rolfe Oberg

**EVENT COMMITTEE:** Lisa Ackerman, Andy Babitz, Sheryl Bauer, Robyn Friedman, Rebecca Grammer, Keith & Judy Grosz, Susie Hearst, Mark Lebedun, Melanie Marks, Barry Newmark & Caryn Carlie, Lisa Rosenstock, David & Melissa Wallace, Corey Wallis, Suzy Weber

**HONORARY COMMITTEE:** Rabbi Brigitte & H. Lee Rosenberg, Rabbi David Reinhart, Sheryl Bauer, Ed Becker, Rick & Marcy Cornfeld, Paul & Terry Flotken, Phil & Helene Frischer, Ron & Jeanne Gieseke, Lexie & Steve Goldsmith, Burton Greenberg, Steve & Tammi Laiderman, Dan & Debbie Raskas, David & Lisa Rosenstock, Steven & Sharlene Toybes, Lee & Laurie Wielansky, Leslie & Barry Yoffie



# UH Welcomes Cantor Shirel Richman



With great excitement and anticipation, we are pleased to announce that after a nationwide search, under the auspices and guidance of the American Conference of Cantors, Shirel Richman will serve as our next cantor.

We are grateful for the dedication of our Cantorial Search Committee, chaired by Rob Levinson and Simcha Lourie. We offer our sincerest appreciation to Rob, Simcha and the entire committee: Eva Ashner, Joe Babitz, Maxwell Banashek, Sheryl Bauer, Aliyah Becker, Barb Bloomrosen, Maxwell Crane, Eric Galanti, Phil Kramer, Sharon Lips, Emma Malter, Barry Newmark, Rod Pellenberg, Jim Susman, Debbie Wahl, and Suzy Weber.

The Search Committee began its work last year to determine what qualities our congregation sought in a new cantor. We knew that our cantor must embody a love for Judaism and convey that in their work. Three overarching themes

emerged in our conversations. Personal qualities were first. We value warmth, caring, approachability and empathy. Musical skill was next. Our cantor must appreciate multiple styles and traditions and be able to communicate and teach with authenticity. And third, our cantor must be collaborative, adaptable, and enthusiastic about experimentation and innovation.

In our multiple interactions, via Zoom and in person (in large groups and small, in classrooms, and one-on-one), we found Shirel to be thoughtful and enormously talented. Those who know her and have worked with her spoke glowingly of her. They focused on her ability to connect with people of every age and stage, guide students toward Bar or Bat Mitzvah, and her incredible musicianship.

Born and raised in Jerusalem, Israel, Shirel Richman is a fifth-year cantorial student at Hebrew Union College – Jewish Institute of Religion (HUC-JIR) in New York. She will be ordained this May.

Shirel has a Master's degree in Vocal Performance and an Advanced Certificate in Music Education from CUNY Brooklyn College. She also holds a Bachelor's degree in Music Performance from the Buchman Mehta School of Music at Tel Aviv University, and recently earned her Master's degree in Sacred Music from HUC-JIR. Shirel has taught Music, Hebrew Language, and Judaic Studies in New York and Boston Jewish Day Schools. She worked as a soloist in the Israeli Opera's Young Artists Program and she served as a "Musician of Excellence" and commander in the Israeli Defense Forces. She performed as a soloist in England, France, Switzerland, Austria, New York, Canada, and Israel.

Shirel will be joined by her husband, Lincoln Richman, who is a Jewish educator, song leader, and a licensed social worker, and Aliyah Emet – their eight-month-old daughter.

Shirel is thrilled to be joining our United Hebrew family.

A time of transition is a time of many opportunities. We look forward to honoring our beloved Cantor Eichaker and to welcoming Cantor Richman this July.

May we continue to join together as a community filled with beautiful music and joyful song.

Fondly,

Rabbi Brigitte Rosenberg  
Senior Rabbi

Jim Susman  
UH President

## Millstone Sanctuary Update

As announced during the High Holy Days, United Hebrew received a very generous gift from Eva and Fred (z"l) Ashner to renovate the Millstone Sanctuary and Spielberg Chapel. Their donation allows us to put new carpet in, replace our sanctuary chairs, build a lower bimah extension in front of our current bimah, paint, and replace the remaining blue carpet in the surrounding areas.

***The Millstone Sanctuary will shut down on June 16 through September 5. Shabbat services will be held in the Spielberg Chapel during this time.***

Thank you to Fred and Eva, whose amazing gift will be around for this current generation and generations to come. We look forward to sharing more information about the renovation and a dedication ceremony in the July/August issue of HaMakor.



# 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:

2024

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

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

## 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 Sari Levy at [slevy@unitedhebrew.org](mailto:slevy@unitedhebrew.org).

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

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

[dipali\\_shah2000@yahoo.com](mailto:dipali_shah2000@yahoo.com)

**Climate Change:** Diane Bleyer [bleyerd@hotmail.com](mailto: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](mailto:csbleyer@gmail.com).

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

## A Stitch and a Prayer

**Crochet and Knitting Group**

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

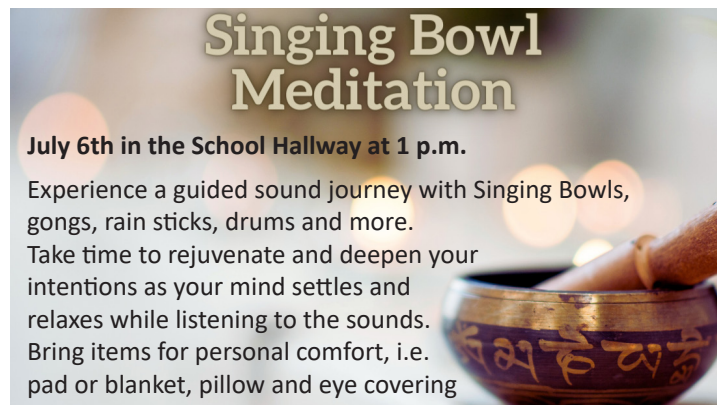
Crochet or knit a Blessing Blanket for congregants in need of healing, scarves for the homeless, and other charitable projects while enjoying the friendship of others.

## Intergenerational Game Night

Intergenerational Game Night is currently being re-envisioned.

As such, all dates are only tentative, and a final determination will be made in the week prior. If you have any feedback, questions, or suggestions for the future of our Game Nights, please reach out to:

Rabbi Reinhart at [dreinhart@unitedhebrew.org](mailto:dreinhart@unitedhebrew.org).



**Singing Bowl Meditation**

**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

## Chair Exercise with Joyce Hochberg

**Mondays at 1:30 p.m.**

**May 6 - Zoom**

**May 13 - Zoom**

**May 20 - 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

Is It important to eat before and after an exercise activity?

The answer is YES!

We need to fuel our bodies before and after a workout.

1. Pre-workout foods should be easily digestible.
2. For a pre-workout meal, the majority of food nutrients should be carbohydrates—examples: banana, multi-grain cereal, oatmeal, and orange juice.
3. Eat 2-4 hours before your workout.
4. Allow yourself about 1,000 nutritious calories that will fuel you for your individual workout routine.
5. For a 7am workout—eat a smaller meal of less than 300-400 calories about one hour before the workout.
6. Important—always remember that everyone digests food differently. Experiment your needs—your body will tell you what is best.
7. One more tip: Consume protein (such as a protein drink/bar or peanut butter) within one hour after exercise to rebuild and repair muscles.
8. Eat well and keep moving!!!

"Nutrition and Exercise"—AFAA course

## May Senior Lunch Program

Monday, May 20 at 12 p.m. at Shaare Emeth

### Shakshuka

We are Shakshuka! The word literally means "all mixed up". We are the band, Shakshuka, a group of old and new friends who play a mix of Jewish and Israeli music, adding new spice, fragrance, and taste to familiar tunes.

### Box lunch catered by The Daily Bread.

Lunch will be a choice of roast beef sandwich, chicken salad sandwich, tuna salad sandwich, or veggie sandwich with a side of either coleslaw or potato salad. All lunches come with a fruit cup and cookie. Gluten free available for all options.

**LUNCH ORDERS MUST BE RECEIVED BY MONDAY, MAY 13**

You may call Valerie Cundy at 314-692-5304 to RSVP and pay by cash, check, or credit card.

*This program is made possible by Women's Auxiliary Foundation for Jewish Aged, a supporting foundation of Jewish Federation of St. Louis.*





# Tributes

## TRIBUTES FROM 2/1-3/31

### JOAN S. ABRAMS EDUCATION FUND FOR LIFELONG LEARNING & ENRICHMENT

#### IN HONOR OF:

**\*Bar mitzvah of Shirley & Alan Gorman's grandson**  
Gloria Ruben  
**\*Marty & Merle Oberman's 55<sup>th</sup> wedding anniversary**  
Bernie & Sue Haselhorst

### BRASCH BUILDING MAINTENANCE FUND

#### IN APPRECIATION OF:

**\*Speedy recovery of Mia Broome**  
Eva Ashner

### CLERGY DISCRETIONARY FUNDS

#### IN APPRECIATION OF:

**\*Rabbi Rosenberg**  
Harry & Fanchon Auman  
*IN MEMORY OF:*  
**\*Raye Bankendorf & Lori Newmark**  
Newmark Family  
**\*Aunt, Betty Polinsky**  
Adrienne & Larry Hoffman  
**\*Blanche Steinberg**  
Craig & Helane Maer

### ADA & FRANK FRIEDMAN YOUTH GROUP FUND

#### IN HONOR OF:

**\*Dr. Brianna Becker's 30<sup>th</sup> birthday on February 18**  
Ed Becker  
*IN MEMORY OF:*  
**\*Esther Alper Thurman**  
**\*Rose Rich Werber**  
Ken & Marcia Thurman

### GENERAL FUND

#### IN APPRECIATION OF:

**\*A Stitch & A Prayer**  
Felicia Malter  
**\*United Hebrew over the years**  
Mark & Kelly Shevitz  
**\*Rabbi Rosenberg, Sherilyn Krell & Susan Allison**  
Lorin & Kim Decker

#### IN HONOR OF:

**\*Eva Ashner's 90<sup>th</sup> birthday**  
Bea Mayer  
Carol Tannenwald  
**\*Abby House's bat mitzvah**  
Susan & John Keyes  
Bettina & Melvin Weinberg  
**\*Marty & Merle Oberman's 55<sup>th</sup> wedding anniversary**  
Henry & Marlene Diamant  
Edward G. Henrichs  
Vicky & Tim Langenhorst  
*IN MEMORY OF:*  
**\*David Hyman**  
Myron & Eleanor Holtzman  
**\*Susan Kaplansky**  
Rabbi John & Cheri Spitzer  
**\*Gerald Kraft**  
Debbie & Bill Muzik  
**\*Betty Polinsky**  
Marci & Ken Bluestone  
Larry & Natalie Goldman  
Myron & Eleanor Holtzman  
Randi & Barry Polinsky

### JABLON YOUTH FUND

#### IN APPRECIATION OF:

**\*The beautiful Purim bag**  
Paul Steinberg  
*IN MEMORY OF:*  
**\*Victoria & Irving Jablon**  
Arthur & Mady Jablon  
**\*Blanche Steinberg**  
Paul Steinberg

### LIBRARY FUND

#### IN HONOR OF:

**\*Eva Ashner's 90<sup>th</sup> birthday**  
Linda & Walter Meyer  
*IN MEMORY OF:*  
**\*Fannie Cohen**  
**\*Morris Jack Cohen**  
**\*Charles Ginsberg**  
Marvin Ginsberg

### PERRY & SHIRLEEN MEHLMAN CAMP SCHOLARSHIP FUND

#### IN HONOR OF:

**\*Evie Berger becoming a bat mitzvah**  
Suzy & Mark Weber  
*IN MEMORY OF:*  
**\*Marilyn Fox**  
Betsy Mehlman

#### \*Patrick LoBianco

Myra Ozersky

### MEMORIAL FUND

#### IN MEMORY OF:

**\*Father, Morris Avirom**  
Sandford & Babette Miller  
**\*Jennie Baron**  
Shelly Baron  
**\*Lawrence Bretsnider**  
Harriet Bretsnider  
Ken & Teri Ring  
**\*Lillian Broderson**  
Steven & Donna Broderson  
**\*Israel Broome**  
Mia Broome  
Leslie & Barry Yoffie  
**\*Glenn Carlson**  
Gary & Rebecca Stein  
**\*Celia H. Cohen**  
David H. Cohen  
**\*Kathryn E. Cohen**  
Susan Green  
**\*Ricky Alan Covitz**  
Elliot & Risa Enger  
**\*Stuart Eisman**  
Jerry & Carla Rosen  
**\*Abe Feldman**  
Alice Redler  
**\*Mildred R. Feldman**  
Suzanne Lasky  
**\*Frances Feldman**  
Feldman Family  
**\*Sam Finbloom**  
**\*David S. Finbloom**  
Mark & Michele Dinman  
**\*Dr. Gerald A. Franzel**  
The Franzel Family  
**\*Phillip Fredman**  
Mark & Jackie Fredman  
Lynn Wolgamot  
**\*Samuel L. Gad**  
Roz Gad  
**\*Jerome Garber**  
Elliot & Mitzi Leon  
**\*Ethel Gentle**  
Rosaline & Sidney Stein  
**\*Lester Glickman**  
Sharon Edwards  
**\*Frieda Goldberg**  
Charlie & Sheryl Feldman  
**\*Marjorie B. Goldenberg**  
Howard & Joanie Goldenberg  
**\*David Goldenhersh**  
Ed & Carolyn Goldenhersh

#### \*Goldie Goldberg

Michael & Barbara Williams  
**\*Greg Goldman**  
Bruce & Phyllis Gardner  
**\*Danny Goldsmith**  
Leslie & Barry Yoffie  
**\*Brother, Kenneth Gordon**  
Regina Frederick  
**\*Bob Grossberg**  
Elayne Grossberg  
**\*Sam Grosman**  
Barry & Lori Gavril  
**\*Marvin Grossman**  
Elaine & Sandy Melnick  
**\*Ken & Jeane Heller**  
Cori Neidenberg  
**\*Rose Hess**  
Linda Hilton  
**\*Audrey Yavitz Hirsh**  
Marvyn Yavitz  
**\*Arthur Iken**  
Don & Barbara Rubin  
**\*Gerald Kraft**  
Melvin & Bettina Weinberg  
**\*Sam B. Lappeman Jr.**  
Shari Rothwell  
**\*Barry Lasky**  
Carol Berkin  
Michael & Barbara Dorman  
**\*Betty Lehrman**  
Trish Gilbert & Jeffrey Meyer  
**\*Ruth Leah Lelchook**  
Lori & Steve Raskin  
**\*Henry Lerner**  
Marty & Merle Oberman  
**\*Henry & Marcia Lerner**  
Jeff Lerner  
**\*Sylvia Loomstein**  
Don & Gwynn Loomstein  
**\*Fay Mandelcorn**  
Ed Epstein  
**\*Claude Mayer**  
Alan & Shirley Gorman  
**\*Wilma Messing**  
Noel & Terry Hefty  
**\*Linda Meyers**  
Gary & Jo Beth Omell  
**\*Jennie Midman**  
Carol & Jay Askuvich  
**\*Burton Nobil**  
**\*Lois Nobil**  
Don & Gwynn Loomstein  
**\*Albert Oglander**  
**\*Harold Oglander**  
Marilyn Oglander



# Tributes

**\*Herbert Lee Ozersky**

Myra Ozersky

**\*Marlene Palans**

Sandy Palans

**\*Betty Polinsky**

Peter & Linda Mule'

**\*Sylvia Raymond**

Alan Raymond

**\*Emanuel Redler**

Alice Redler

**\*Bobbie Ring**

Ken & Teri Ring

**\*Harry Rosen**

Jerry & Carla Rosen

**\*Harvey Clinton Rosen**

Marilyn Rosen

**\*Marvin Rothberg**

Dave & Stacy Rolfe

**\*Joyce Rudolph**

Elaine Rudolph

**\*Gittel Satz**

Scott & Carol Ellis

**\*Marion Schamest**

Linda & Peter Mule'

**\*Albert Schenberg**

**\*Rebecca Schenberg**

Ivan & Adele Schenberg

**\*Sue Schulman**

Randy Schulman

**\*Dorothy & Aaron Shanvet**

Barbara Demba

**\*Frances G. Shapiro**

Alan & Iris DeWoskin

**\*Melvin Sherman**

**\*Marlene Sherman**

Billy Sherman

**\*Marie Samelson Sherman**

Alan Sherman

**\*Loving father Sam Siegel**

Beverly Friedman

**\*Helen Silverman**

Myra Ozersky

**\*Virginia Spewak**

Bob & Nancy Spewak

**\*Doris J. Stern**

Michael & Barbara Dorman

**\*Joe Szymanski**

Ron & Joan Dobkin

Elliot & Risa Enger

**\*Dorothy S. Tamarkin**

William & Linda Levin

**\*Bernadine Winter**

Ron & Terry Seigel

Rick & Robyn Morris

**\*Milton Winter**

Rick & Robyn Morris

**\*Joyce Yalem**

Elynn Hloben

Rick & Lori Yalem

**HELEN C. MILLSTONE MUSIC FUND**

*IN APPRECIATION OF:*

**\*A speedy recovery for David Glazer**

Michael & Ivy Klein

*IN MEMORY OF:*

**\*Pearl Schindler**

Michael & Ivy Klein

**OPPER-ROSENBERG YOUTH ENGAGEMENT PROFESSIONAL FUND**

*IN MEMORY OF:*

**\*Harold Rosenberg**

Stephen Rosenberg

**MAX AND IDA ORENSTEIN SAFETY & SECURITY FUND**

*IN MEMORY OF:*

**\*Howard I. Kaye, my father**

Linda Kusmer

**MORRIS & BIRDIE POTASHNICK EDUCATIONAL FUND**

*IN MEMORY OF:*

**\*Howard Erlich**

Mort & Eileen House

**SAUL SPIELBERG EARLY CHILDHOOD CENTER FUND**

*IN HONOR OF:*

**\*Michael & Ivy Klein's new granddaughter, Parker Joie Kurtz**

Myron & Eleanor Holtzman

**\*Grandson, Daniel Gorman's bar mitzvah**

Alan & Shirley Gorman

**\*Chad & Stacy's marriage**

Skip & Elaine Spielberg

*IN MEMORY OF:*

**\*Betty Polinsky**

Ricky & Dani Dicker

**\*Esther & Paul Satz**

Phil & Gail Kramer

**HENRIETTA AND ELI SPIELBERG ISRAEL SCHOLARSHIP FOUNDATION FUND**

*IN MEMORY OF:*

**\*Shirley Londe**

Rick & Marcy Cornfeld

**\*Aneda Marion**

Andrew & Karen Wasserman

**\*Judy & Joe Wasserman**

The Wasserman Family

**TOWERMAN FAMILY SCHOLARSHIP FUND**

*IN APPRECIATION OF:*

**\*Rabbi Rosenberg**

**\*Cantor Eichaker**

**\*the Rabbis and staff for the Purim bag**

Arlene Goodman

*IN MEMORY OF:*

**\*Arlene Leschner**

Michael & Barbara Towerman

**\*Dr. Alan Weiss**

Arlene Goodman

**UNITED HEBREW CEMETERY PERPETUAL CARE FUND**

*IN MEMORY OF:*

**\*Mollie Cohen**

Bob & Merle Tegman

**\*Jennie Derfeld**

**\*William Derfeld**

Howard Berk

**\*Nappy Friedman**

Gloria Ruben

**\*Harry Katz**

Fanny Katz

**\*Phillip Krout**

Seymour & Janet Krout

**\*Charlotte Lehr**

Robert & BeBe Morgan

**\*Ray Marcus**

Karen Feld

**\*Wilma Messing**

Russ Messing III

**\*Esther Sacarowitz**

Paul Steinberg

**\*Evelyn Silverstein**

Susan Allison

**\*Jacob Simon**

Toby & Elisa Simon

**\*Barbara G. Wolff**

Norman Wolff

**\*Rheta Yanow**

Seymour & Janet Krout

**\*Jeanette Zetcher**

Debbie & Dave Pulley

**MICHAEL & LOIS WINTHROP RELIGIOUS SCHOOL FUND**

*IN HONOR OF:*

**\*Liam Daniels receiving the Aryeh Scouting award**

Gloria Ruben

**\*Lucie Neumann becoming a bat mitvah**

**\*Grant Pellenberg becoming a bar mitzvah**

Suzy & Mark Weber

*IN MEMORY OF:*

**\*Father, Sam Finkelstein**

Dr. and Mrs. Dennis B.

Winthrop

**BETTY & EUGENE WOLFF TRANSPORTATION FUND**

*IN MEMORY OF:*

**\*Clara Citerman**

Stanley & Arlene Citerman

**\*Jack Cohen**

**\*Ruth Cohen Katz**

Allan & Susan Cohen

**\*Gary Kunin**

Marsha Kunin

**\*Marie & Adolph Mandelker**

Daniel Mandelker & Marlene Harris

*IN HONOR OF:*

**\*Norman Wolff's 99<sup>th</sup> birthday**

Sandy & Susan Becker

**Additional Donations: BACKPACK BUDDIES**

*IN MEMORY OF:*

**\*Kenneth & Jeane Heller**

Mark & Donna Waldman

**UH LIVE STREAMING**

*IN HONOR OF:*

**\*Art & Candy Zemon's anniversary**

John & Susan Keyes



# Announcements

## 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](mailto:egrossberg@unitedhebrew.org).

## Thank You

### Nosh Sponsors

- March 15- Marvin Ginsberg- in memory of Sandra Ruth Ginsberg  
Gloria Ruben- in honor of Liam Daniels receiving the Aryeh Scouting Award  
Mike & Barbara Williams- in honor of Liam Daniels receiving the Aryeh Scouting Award
- April 19- Ed Epstein- in memory of Clarine "Cookie" Epstein

### Oneg Sponsors

- March 1- Arlene Goodman-in loving memory of Stan Towerman's 94th birthday  
Sandy & Susan Becker- in honor of Norman Wolff's 99th birthday
- April 5- Marilen Pitler- in honor of her 80th birthday  
Nancy Desloge - in honor of Marilen Pitler's 80th birthday

### Senior Lunch Volunteers:

Dale Schwartz	Jerry & Fran Goldberg
Mike Ukman	Jim, Stephanie & Cindy
Nina Goldberg	Sheryl Bauer

## Women's Seder



Thank you to the chairs of the Women's Seder: Gail Kramer, Mindy Resnick, Donna Waldman, and Marni Goldberg, for setting the "tune" for the upcoming Passover season. And to Greta Rosenstock for leading us in song

## 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 donated to ThanksLiving in February and March;

Sheri Schneider Dicker	November: \$50
Len & JoEllen Rubenstein	December: \$205
Norman Wolff	January: \$199
	February: \$62
	March: \$153

## 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](http://www.unitedhebrew.org)

Please help the Harvey Kornblum Jewish Food Pantry by donating money or food. Below are some suggestions for food items the pantry needs:

1. Canned Beef Stew, Chili and Protein-Rich Foods
2. Macaroni & Cheese
3. Kosher Non-Perishable Foods
4. Peanut Butter & Jelly
5. Boxed Side Dishes (rice, potatoes, and noodles)
6. Canned Fruit
7. Healthy Hot and Cold Cereals
8. Personal care items such as Paper Towels, Hand Lotion, and Adult Incontinence Products

Currently, the need is great so please help in any way you can.

Thank you.

For further information, please contact Louise Levine, (314)368-5902.



# Perpetual Memorials

The Congregation extends its sincere condolences to the families of

## JEFFREY DAY

Brother of Cheryl Leamon

## MAUREEN PATRICIA FOIZEY

Mother of Ryan (Sammi) Foizey

## WILLARD GALE

Father of Cory (Melissa) Gale

## FLORENCE GREENBERG

Sister of Jerry (Fran) Goldberg

## GEOFFREY GROSZ

Brother of Keith (Judy) Grosz

## JERRY KLEIN

Husband of Sharon Klein

## HARRIET SCHNEIDER

Grandmother of Jessica (Mitch) Schwartzman

## Shirley 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.

## 5/26/24 – 6/1/24

Hedwig Aschner  
Fred Babitz  
Mark H. Beldner  
Ida Bernstein  
Sadye E. Bleich  
Harry F. Blumenthal  
Henry J. Bly  
JoAnn Chelint  
Margaret B. Cohen  
Anna Quicksilver Cohn

## 4/28/24 – 5/4/24

Robert Alper  
Samuel Bearman  
George S. Beckman  
Harold Alvin Berger  
Gussie Birnbaum  
Frances Bleiweiss  
Nancy Bolozky  
Morris Bournstein  
Alex Chackes  
Bess Thelma Cohen  
Ted Cohen  
Jack A. Cohn

## 5/5/24 – 5/11/24

Hattie Abraham  
Isabel S. Arber  
Michael Howard Barter  
Julia Becker  
Lillian Berger  
Louis Berman  
Fannie Bernhardt  
Aaron Bernstein  
Michael N. Bornstein  
Thomas E. Campbell  
Hyman D. Cohen  
Ruth E. Cohen  
David Cohen

## 5/12/24 – 5/18/24

Revetta V. Aul  
Gertrude Balin  
Max Barnholtz  
Ida "Irene" Bernstein  
Theodore Bernstein  
Gertrude Brodsky  
Aubie A. Brodsky  
Emanuel A. Chackes  
Bessie Kopman Cohen  
Nathan Cohen  
Jewish Comm., Humeune  
Czechoslovakia  
Samuel S. DeWoskin

## 5/19/24 – 5/25/24

Tiney Abraham  
Ben Alper  
Minnie M. Aronson  
Abe Baker  
Yetta Barg  
Isadore B. Beilenson  
Sam Bernstein  
Florence R. Binder  
Marcella Brimer  
Bess Broder  
Sara Caster  
Dr. Robert B. Deitchman  
Frank Dubman  
Carrie W. Ettinger

## Maury Dreyfus

Jacob L. Ellman  
Sara Feldman  
Celia Feldman  
Gertrude Feldman  
Bess Fox  
Sam L. Goldenberg  
Shirley Ozersky Gordon  
Dorothy Gralnick  
Dorah E. Grollman

Patricia Routman Eder  
Ruth H. Elkins  
Phillip Ellis  
Leo Frank  
Sarah Rae Gallop  
William Gintel  
Frances Lewis Goldberg  
Joseph S. Goldman  
Max Gralnick  
Louis Greenberg  
Leopold Grossberg  
Aaron Hoffman

Julius Cohnberg  
Mr. Hyman Darrish  
Elsie Deutsch  
Shepard Ellis  
Joseph Epstein  
Sadie H. Feldman  
Paul Fishman  
Ralph M. Friedman  
Laura J. Friedman  
Carol Sue Friedman  
Adeline Gallant  
Gertrude Giddan  
Marvin Goorman  
Hymen Gralnick

Libbie G. Eckstein  
Sherlock Feldman  
Esther Ruth Fishgall  
Leonie L. Frankel  
Max Frieberger  
Joseph Giddan  
Mr. Mark D. Goodman  
Sophia Greenblatt  
Eli E. Harris  
Rose Marie Hyman  
Leopold Izak  
Sylvia Jacobs  
Tillie Klein

Ruth Ettlinger  
Sylvia W. Feldman  
Gertrude Carnaghi Fitter  
Carol Flotken  
Ada Grosberg Friedman  
Lillie Gast  
Joel Ginsburg  
Charles I. Glaser  
Herman Glick  
Gertrude Goldblum  
William Goldenberg  
Morris David Goldstein  
Earl Gottschalk  
Arnold Gralnick  
Charles Hyman

Sylvester Grosberg  
Isadore Hershenhorn  
Isaac Hiken  
Emanuel Jackoway  
Edwin A. Joseph  
Mr. Harold Katz  
Eleanor Rubin Kean  
Jane Lending  
Rose Madden  
Edna Malen

Burt Holtzman  
Harry Huber  
Morey D. Jacob  
Irwin Jaffe  
William Jay Katz  
Max Kauffman  
Gertrude Klein  
David H. Koslow  
G. Paralee Levin  
Mark I. Levy  
Robert Loomstein  
Dorothy Maer

Harold B. Greenberg  
Julia Schwartz Heller  
Alvin W. Jacks  
Jason Lewis James  
Dr. Milton H. Jasper  
Max Judd  
Louis I. Katz  
Tillie Fuhrer Kirschman  
Henry Kraus  
Goldie Kusmer  
Joseph Kusmer  
Louis H. Laba  
Louis M. Lachow  
Ida M. Larkin

Ida Kopman  
Charles Kraizer  
Alan Kray  
Jacqueline S. Lees  
Irving I. Lending  
Meyer (Mike) Levin  
Arleen Levy  
Birdie Mosinger Lewis  
Peter Lurie  
Wilma K. Martin  
Isadore E. Millstone  
Sanford G. Nathanson  
Samuel Nieberg

Albert Karney  
Sidney Keiner  
Isadore N. Kessler  
Harold M. Klamen  
Robert J. Kligman  
Joseph Kretchmar  
Joyce Goorman Lang  
Charlene Blumberg Levin  
William Loomstein  
Dolly Mandel  
Phillip B. Mann  
Morris Marglous  
Ruth H. Melnik  
Louis Meyer  
Ann Meyers

Perry Mamroth  
Irma D. Mathes  
Julia Geigher Mathes  
Dr. Sydney B. Mathes  
Rose C. Mendelson  
Sigmund Merschen  
Gerald I. Miller  
Marvin Nissenbaum  
Julian (Bud) Orenstein  
Mollie Pearlstein

Anna Mathes  
Robert Millstone  
Louis G. Olian  
Max S. Pian  
Boris Pruss  
Lenore S. Rosen  
Rose Janet Rosenblatt  
Milton Rosenthal  
Alloyce Ross  
Jordan Rudolph  
Samuel J. Russack  
Lila L. Schlesinger

Esther D. Levi  
Robert G. Marx  
Beverly Schneider Milius  
Louis P. Miller  
Esther Cohen Nieman  
Louis Nieman  
Adele A. Oglander  
Joan Olshwanger  
Lillian Pollack  
Leon A. Preston  
Becky S. Pruss  
Gloria B. Ringel  
Max Roman  
Bessie F. Saifer

Barbara Barnett Platzer  
Eileen Pollack  
Ruth Segal Predikman  
Israel Reifler  
Samuel S. Rodenberg  
Louis Rosenberg  
Louis Rosenblatt  
Ruby S'Rencho  
Charles Sanofsky  
Joseph Satz  
Sadye Schwartz  
Florence Silberstein  
Nathan Silverman

Clara Mayer Murstein  
Alfred J. Newman  
Jack Nieman  
Harry Orenstein  
Samuel Pian  
Florence Reinfeld  
Mr. Isadore "Bud" Rosen  
Grace Gray Rosenblum  
Morris S. Rosenthal  
Shirley Ross  
Dorothy Rovin  
Sam J. Sakowsky  
Sylvia Schneider  
Emanuel I. Schwarz  
Charles C. Segall

Janet Alper Perlstein  
Irma Potashnick  
Nancy Jean Rennard  
Shirley Richman  
Sam Roe  
Jacob L. Romansky  
Marjorie Ann Rosen  
Johanna B. Roth  
Simon Rothgiesser  
Jennie Scherbel

Ray Schnurman  
Moe Schwartz  
Lucas B. Shanker  
S. Richard Sherman  
Maurice Nordon Shriber  
Sidney Sosna  
Sophie Berman Starr  
Teri Lynne Stern  
Hattie Weil Thurman  
Sarah Urbach  
Yetta Werner  
Irene Zigler

Lawrence Sandberg  
Abe A. Schneider  
Alvin A. Schnurr  
Matilda Scholer  
Charles Serkes  
Jacob (Jack) Shipper  
Betty Siegal  
Ben M. Silverstein  
Elsbeth Singer  
Harry L. Stameisen  
Amelia Stein  
Max Tabachnick  
Leo Urbach  
Joseph S. Weinberg

Walter J. Simon  
Janet Green Sohn  
Carroll Lloyd Spell  
Frank Spielberg  
Lillie E. Strauss  
Abraham H. Tamarkin  
Adolph Joseph Tofle  
Harriett Weintrop  
Anna J. Wolff  
Maury Wolkowitz  
Lillian Zabrack

Henry Sessel  
Frances Marie Siegel  
Morton D. Silverstein  
Israel Sincoff  
Jack Spewak  
Cecile Spielberg  
Irene Bessie Srenco  
Bernard M. Stern  
Myra Raiffie Tofle  
Burton M. Wenneker  
Carole Winsky  
Michael A. Winthrop  
Harry L. Yawitz

Ben Schwartz  
Caleb Lee Schwartz  
Joseph Seigal  
Henry Seltzer  
Arlen J. Silber  
Harry M. Silberman  
Sidney Stone  
Ray Werner  
Betty Mayer Wolff  
Suzanne Wolff



# Perpetual Memorials

## 6/2/24 – 6/8/24

Shirley Fleishman Alberstat  
Helen G. Bearman  
Rae Berger  
Fern Weinstein Bergson  
Fryda Bierman  
Stanley L. Boxerman  
Leo P. Brasch  
Rose C. Brasch  
Al Brimer  
Marvin J. Brimer

Nathan Cohen  
Joseph O. Cremer  
Max R. Davidson  
Doris Ann Ellis  
Lillie Ellman  
Paul J. Ellman  
George Ezell  
Harry Friedman  
Flora Goldberg  
Rose Goldstein  
Sara Nancy Grollman

Ann Carleen Gudder  
Arthur Z. Guller  
Flora Hurwitz  
Beatrice Wallace Jacoby  
Esther Jacoby  
Dora Sincoff Kaisel  
Gertrude G. Kanter  
Henrietta Katz  
Jeannine Alice Kaufman  
Clara Kraizer  
Alvin R. Lewin

Manne H. Mandel  
Jake O. Mathes  
Julian Mathes  
Samuel Mathes  
Ben Merrims  
Mary E. Millstone  
Leah Moss  
Dora Podolsky  
Samuel Prelutsky  
Lena Priwer  
Ethel Quicksilver

Celeste Recht  
Mariam Reznik  
Milton C. Ritzlin  
Gail Shanfeld Roodman  
Martha Rosenberg  
Toba Sanders  
David Julius Schwartz  
Harry A. Seltzer  
Max I. Shaer  
James Sherman  
Elaine Enoch Siporen

Mollie Sobelman  
Irving G. Soll  
Harry Sorin  
Adelaide Stoler  
Ida Towerman  
Lena Weinberg  
Rose Karpf Yaker  
Samuel Zemliak  
Salome S. Zerman

## 6/9/24 – 6/15/24

Ivan "Sonny" Altman  
Shepard Arbetter  
Norman Bailin  
Fern Bender  
Dora Berk  
Ben Bierman  
Marvin Bierman  
Henrietta (Yetta) Birenbaum  
Howard Bennett Bodker

Gertrude E. Brown  
Sharon Shanker Cohen  
Chana Cranis  
Louis Diener  
John Edelstein  
Jim Eder  
Rose F. Engel  
Sally Sachs Enoch  
Annie Frank  
Frances Fredman

Isadore H. Friedman  
Hannah Gimpelson  
Fannie Satz Ginsberg  
Nathan Golde  
Joe Gordon  
Israel Heifetz  
Albert A. Hoffman  
Sam Hoffman  
Anna Jackman  
Dr. Marlin K. Jackoway

Michael S. Jackoway  
Harriet Ruth Joffe  
Ellie L. Kessler  
Evelyn Kraizer  
Mary Lasky  
Ben Lehrman  
Fannie Lewis  
Ida Mae Ludwig  
Anita Meyers  
Eva G. Moldafsky

Geraldine S. Moss  
Meyer Novack  
Harold H. Palkes  
Beatrice Tureen Preston  
Leon Priwer  
Lottie Rodenberg  
Goldie Seltzer Scallet  
Albert Schneiderman  
Berta N. Schwartz  
Caroline Slupsky

Saedee Solomon  
Dr. Phil Sosnoff  
Jeanette Stein  
Louis Towerman  
Seva Kretchmar Twin  
Bertha Unger  
Esther M. Veden  
Gabriel Wagner  
Sam Weber

## 6/16/24 – 6/22/24

Harry Abraham  
Robert F. Allison  
Harry Appelman  
Robert L. Aronson  
Stanley Jerome Barasch  
Beckie Baskin  
Julius Berger  
Samuel H. Berger  
Rose Blatt  
Nancy Bornstein

Salomon Bornstein  
Martha L. Brasch  
Ben Bronson  
Paxton Catlin  
Phyllis Cohen  
Edna Feldman  
Bessie C. Feldman  
Rae Friedman  
Lillian Goldstein  
Burnetta Roman Goorman  
Elmer L. Hammerman

Sophie Horckitz  
Robert Hutkin  
Arline F. Iskiwitch  
Lillian Jacks  
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Mayne H. Siegel

Bertha Silverstein  
Charlotte S. Spielberg  
Morrie Tash  
Julia Frank Thorpe  
Henry Wagman  
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Julie Erin Yoffie

## 6/23/24 – 6/29/24

Samuel F. Abrams  
Walter Arnowitz  
Mr. Robert "Bob" Balk  
Jack Birenbaum  
Paul Blank  
Oscar Block  
Sam Bronstein  
Dorothy S. Campbell  
Natalie (Nikki) Caplan  
Annie Morris Cohen

Goodman Cohen  
Sylvia Shapiro Cohen  
Joseph M. Davis  
Gary William Davis  
Thecil Deitchman  
Fred Dubinsky  
Stanley O. Feldman  
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Irving Halle  
Lester Harburger  
Hortense Jacobson  
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Barbara Rubin Margulis  
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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.



# Thank you to the following generous donors



## 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](mailto: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](mailto:temple@unitedhebrew.org)

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

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Bryan and Judy Babitz  
Mitch and Lynda Baris  
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Rick and Marcy Cornfeld  
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## UNITED HEBREW CEMETERY



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

CONGREGATION

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

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Rachel Rothwell, **K-5 Engagement Coordinator**

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  
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