

TheBA Bulletin

March & April 2022

The monthly newsletter of Congregation B'nai Amoona

Join us for Pesach!



Shalom BA Chaverim and Chaverot!

Simchah Rabbah, Simchah Rabbah, Aviv Hegea Pesach Ba! Great Joy, Great Joy, Spring has arrived and Pesach is upon us!

Each year, as we see the first signs of spring once again, I am reminded of this lovely song from my childhood. It is, of course, common for children to sing with excitement about the arrival of warmer weather and holidays, but I have to admit that I too feel a great sense of anticipation as I contemplate the turning of the seasons and the arrival of the most widely observed of all Jewish Holy Days, Pesach.

Passover, after all, includes the greatest number of opportunities for family time, meaningful rituals, and delectable food. It also, if done right, can be a time of great release, catharsis and a sense of the possibility, of newness, and renewal in our lives. This is why the Passover Seder occupies so much attention in Jewish Tradition as it – unlike almost any other ceremony – synthesizes all the above mentioned goals and yearnings into one occasion.

So as we prepare for our 5782 Sedarim (Seders), I am delighted to invite you to view the link to our Passover Related Information located on our website:

[BNAIAMOONA.COM/PESACH5782](https://www.bnaiamoona.com/pesach5782)

It contains details of how Pesach will be observed at BA as well as other vital information to help make your holy-day celebrations even more meaningful. Please take special note of my request to assist those who are less fortunate at this expensive time of the year. I do hope that each of us will participate and allow our brothers and sisters to experience the beautiful Feast of Liberation and Freedom.

As we enter the season known in Hebrew as Aviv, I pray that our celebrations of Pesach will not only usher in a time of physical warmth, but also the spiritual warming that comes from participating in hallowed rituals (including feeding the needy!) that have meant so much to our forebears and that, at least in potential, can be profoundly uplifting and life-affirming for us as well!

With blessings for a Chag Pesach Kasher Vesameach, a Kosher Un Freilichen Pesach, a sweet, joyous, and meaning-filled Passover.

With love,
Rabbi Carnie, Rebbetzin Paulie,
Noa, Zakai, Levi and Ellior

Rabbi Carnie Shalom Rose

Rabbi Carnie Shalom Rose

The Rabbi Bernard Lipnick Senior Rabbinic Chair

314-576-9990 x105

RavRoseBA@bnaiamoona.com



Sunday, March 13:

9:00 - 10:30 am: MKLC classes

10:30 am: Gather in the Main Sanctuary to watch Shrek in Shushan

After show: Pizza pick-up for those who pre-ordered.

Erev Purim, March 16:

5:30 pm: Pre-Purim Dinner (RSVP online)

6:15 pm: Showing of Shrek in Shushan

Meet the Characters for autographs and photos,

Trivia Game, Costume Parade/Contest,

and Participate in a Mitzvah Project

6:15 pm: Evening Minyan with Full Megillah Reading

Purim, March 17

7:00 am: Minyan with Full Megillah reading

10:00 am: ECC Purim Celebration

Please Visit Our Purim Page at
[bnaiamoona.com/purim5782](https://www.bnaiamoona.com/purim5782)

Please Visit Our Passover Page at
<https://www.bnaiamoona.com/pesach5782>

PASSOVER SCHEDULE

Thursday, April 14

7:00 pm: Search for the Chametz: Join Rabbi Rose & Family on Facebook Live and Zoom as we search for our Chametz

Friday, April 15 - Erev Pesach

7:00 am: Morning Minyan

7:45 am: Siyyum for the First Born with Rabbi Neal Rose

9:30 am: "Chametz Happenings," join us for playtime, bagels and then we will burn our Chametz together

1:30 pm: Minchah

5:00 pm: First Seder - Family Style at the St. Louis JCC (Staenberg) with Rabbi Jeffrey Abraham and Rabbi Brad Horowitz, co-sponsored with the St. Louis JCC

7:20 pm: Candle Lighting

Saturday, April 16

9:00 am: Shabbat and Passover Day I Services

10:00 am: Torah for Today

12:00 pm: Shabbat Minchah

5:00 pm: Enjoy your Second Seder at Home

8:09 pm Candle Lighting

Sunday, April 17

9:00 am: 2nd Day of Passover Services

7:15 pm: Minchah & Ma'ariv

8:10 pm: Havdalah

Monday, April 18

7:00 am: Morning Minyan

6:15 pm: Afternoon and Evening Minyan

Tuesday, April 19

7:00 am: Morning Minyan

4:00-6:00 pm: Matzah Pizza Making at Rabbi Abraham's Home for young children and their families

6:15 pm: Afternoon and Evening Minyan

Wednesday, April 20

7:00 am: Morning Minyan

6:15 pm: Afternoon/Evening Minyan

Thursday, April 21

7:00 am: Morning Minyan

6:15 pm: Minchah & Erev 7th Day Services

7:26 pm: Candle Lighting

Friday, April 22

9:00 am: 7th Day of Pesach Services

5:00 pm: Special Pesach EKS for children in Pre-K and their families

6:00 pm: Afternoon and Evening Services for Shabbat & the 8th Day of Pesach

7:27 pm: Candle Lighting

Saturday, April 23

9:00 am: Shabbat and 8th Day of Pesach Services

10:30 am: Yizkor

7:15 pm: Minchah & Ma'ariv

8:15 pm: Havdalah

8:17 pm: Your Chametz may be consumed



The Gallant Family Judaica Shop



The Gallant Family Judaica Shop carries a beautiful selection of both traditional and contemporary candlesticks, Havdalah sets, Kiddush cups, Challah plates, Seder plates, Menorahs, Mezuzot, Tallit, jewelry and more!

Shop for Purim & Pesach, housewarming, baby, wedding, and B'nai Mitzvah gifts.

NEW! We are featuring the ceramics of St. Louis artist Ilanit Michelson and colorful reverse paintings on lucite from Cindy Larimore.

Currently open Wednesdays 9am - 3pm, Thursdays 12pm - 3pm, or any business day by appointment 10am - 5pm, contact Gail Armstrong (314)576-9990 x126 or gail@bnaiamoona.com.

Our ceremonial ribbon-cutting with Mayor Bob Hoffman is scheduled for June 12, 2022 with the Levin Weekend Homecoming & Fundraiser—Save the Date and plan to attend!

Food / Kitchen Manager:

Do you know anyone who would like come work with us? Congregation B'nai Amoona is looking to hire someone to be in charge of food for the shul! Do you like to cook? Do you know how to order LARGE amounts of food? Do you like working with volunteers? Are you a planner? Then we WANT and NEED you!! (Or someone you know!) Please reach out to Anita@bnaiamoona.com **Truly! It's a great job for someone who has a background in purchasing food and organizing and running a kitchen!

B'nai Ami Counselors needed

We want to add everyone on our LRECC waitlists!!! Would you or or someone you know like to apply to be a lead teacher (summer or all year), counselor or specialist? We have a very fun summer - training days and 7 fun weeks! Contact Kerri Alper Kerri@bnaiamoona.com or Anita Kraus anita@bnaiamoona.com.

LRECC wants to keep growing - teachers needed

LRECC is growing – we need to welcome a few more teachers to our amazing team. Please tell your friends and your friend's friends!! Contact anita@bnaiamoona.com to apply.



MINYANAIRE MATTERS

SPRING INTO MINYAN!

Being a Minyanaire is much more than just being counted in daily Minyan Services. Being a Minyanaire is becoming an integral part of the Jewish community. Did you know attending Minyan is a perfect way to perform a Mitzvah?

Every day, morning and evening, we welcome families in our community who wish to recite Kaddish, pray for healing or just want to feel a sense of community. We are here for them!

Help us continue B'nai Amoona's tradition of providing Minyanim for today, tomorrow, and throughout the years to come. Becoming a Minyanaire is easy! Someone once said to me when I told him I didn't want to begin an important project, "don't think about it, just do it!" and, he was so right!

Email us at minyan@bnaiamoona.com to let us know your desire to join our dedicated cadre of Minyanaires who are counted on daily to ensure the necessary quorum of ten people to provide a Minyan.

"Don't think about it, just do it!" Become a Minyanaire today!

B'Shalom
Beverly Chervitz
Laura Shapiro

Bev
Beverly Chervitz
314-629-8099
minyan@bnaiamoona.com



Laura
Laura Shapiro
314-229-9448
minyan@bnaiamoona.com



Our Community

Mazel Tov to...

Leslie Rickard and Gary Goldberg on the wedding of their son, Ben Goldberg to Elana Rivkin-Haas, the daughter of Rosalyn Rivkin and Michael Haas of Berkeley, California. Ben is the grandson of Eady and Joseph Rickard (Z"l) and Maxine and Herbert Goldberg (Z"l). Elana is the granddaughter of Emilie and Charles Haas (Z"l) and Zelda and Ellis Rivkin (Z"l).

Anne Brafa-Mazur & Rick Mazur and Gila Marks & Avshalom Babay on the birth of their granddaughter, Shira Rachael Mazur. Proud parents are Joshua Mazur & Abbi Marks-Mazur.

Robin & Mark Shulman and Francine & Jeffry Pollock on the birth of their grandson, Benjamin Daniel. Proud parents are Amanda and Brent Shulman. The proud big sister is Rebecca Shulman.

Rhonda & Andy Oberman and Bonnie & Darryl Dick on the birth of their granddaughter, Leora Skye Oberman. Proud parents are Stuart and Rachel Oberman. Leora's great-grandparents are Florence & Louis Krupat, **Sandra (Z"l)" & Stanley (Z"l) Oberman**, Erva & Maurice Dick, and Sondra (Z"l) & Harold (Z"l) Rib.

Michael & Linda Rosenblatt and Bob and Cathy Goldsticker on the engagement of their children, Zachary Rosenblatt and Laura Goldsticker. Zach is the grandson of **Harold (Z"l) & Peggy (Z"l) Rosenthal** & Edward (Z"l) and Rose (Z"l) Rosenblatt. Laura is the granddaughter of Frala and Aaron Osherow, Arnold Brown (Z"l), Ralph Goldsticker and Helen Goldsticker (Z"l). Zach is the brother of Katie, **Jenny and Ellie Rosenblatt**. Laura is the sister of Michael (Sarah) Goldsticker.

Jeff Dalin on being the recipient of the ADA's 2022 Humanitarian Award for co-creating and continually guiding the ADA's signature access to care program, Give Kids A Smile for 20 years. This is one of the highest honors the ADA (American Dental Association) bestows on members. Jeff is the husband of **Debbie Dalin** and father of **Zach Dalin**, Andy Dalin, and Jamie (Adam) Heldman and grandfather of Eli Heldman.

Pam Appelman who has been selected as this year's JproStl Peer Award honoree in the category of Chesed/Kindness. Pam is the wife of **Howard Appelman**, mother to Alyssa, Joni, and Lindsay and Nanie to Sam, daughter-in-law of **Norma Appelman**, and sister-in-law of **Susan** and **Steven Drapekin**.

Fran & Harvey Cantor & Ruth and Bob Schneider on the engagement of their granddaughter, Samatha Cantor to Austin Jacoby of Dallas. Samantha is the daughter of Amy and Mark Cantor and sister of Eric Cantor and Zac Cantor. Austin is the son of Karla and Rick Jacoby and brother of Aidan Jacoby and Ian Jacoby (Z"l). Austin is the grandson of Carolyn and Michael Jacoby, Donna and Richard Masserman, & Mariela (Z"l) and Alcides (Z"l) Velasquez. Mazel Tov to the entire family!

Michael & Marta Goldberg and Howard & Lilly Hellman on the birth of their grandson, Avi Lior Goldberg. Proud parents are Dahlia & Kevin Goldberg. Great-grandfather is **Oscar Goldberg**

As of 2/18/22

Condolences

The Congregation extends heartfelt sympathy to the families of:

***Rosalie Raisher Chod**
***David Ferman**
Janet Rae Goldenberg
Simcha Harir
Warren Jacobsohn
Howard Kane

Ruth Kiem
Frances (Fay) Levin
Jacob Levin
Itzchak Meir
Salomón Milgron
Jerome (Jerry) Raskas

As of 2/11/22

*A tree is planted in Israel through the generosity of the **Plant a Tree for Life Fund** in memory of our B'nai Amoona members of blessed memory listed above.

May their memories be a source of blessing!



MARCH & APRIL SERVICE SCHEDULE

Morning Minyan: 7:00 am, M-F;
9:00 am, Sun
Zoom, Livestream, Facebook Live & In-Person

Evening Minyan - 6:15 pm, Sun - Thurs
Zoom, Livestream, Facebook Live & In-Person

Friday Evening Services - 6:00 pm
Zoom, Livestream, Facebook Live & In-Person

Shabbat Morning Services - 9:00 am
Livestream, Facebook Live & In-Person

Saturday Evening Services
March: 5:00 pm
Beginning March 19: 6:00 pm
Beginning April 2: 6:30 pm
Zoom, Livestream, Facebook Live & In-Person

Havdalah -
Immediately Following Saturday
Evening Services
Zoom, Livestream and Facebook Live

SHABBAT & PARASHAT SERVICE SCHEDULE

March 5	Pekudei Shabbat Across America Minyanaire Shabbat
March 12	Vayikra Shabbat Zachor Men's Club Shabbat
March 19	Tzav
March 26	Semini Shabbat Parah Shabbat Mevarchim Hachodesh
April 2	Tazria Shabbat Rosh Chodesh Shabbat Hachodesh
April 9	Metzora Shabbat Hagadol
April 16	Pesach 1
April 17	Pesach 2
April 23	Pesach 8 Yizkor
April 30	Acharei Mot Shabbat Mahar Chodesh Shabbat Mevarchim Hachodesh

A Special Invitation From Cantor Sharon

I called my parents at 6:00 in the morning on April 6, 2009. They both answered right away and I said, "Good morning! I wanted to be the first to wish Dad a happy birthday! Also, can you come and stay with Mollie? We have to go to the hospital. The baby is coming!" And so it happened that Zach was born exactly 70 years, to the day, after my dad.

Psalm 90 says that the span of our life is 70 years. From this comes the tradition of celebrating a second Bar Mitzvah at age 83; 13 years after turning 70. So we knew from the day that Zach was born that Zach and his grandfather would have the chance to celebrate a joint B'nai Mitzvah.

These last 13 years have brought wonderful S'machot but also many challenges and losses for our family. Our B'nai Amoona family has been with us, celebrating with us and supporting us through it all. Now, with deep love and appreciation, our family invites you to join us for this special Simchah on April 9, 2022.

Cantor Sharon Nathanson

Hazzan Sharon Nathanson

314-576-9990 x104

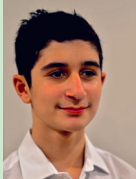
sharon.nathanson@bnaimoona.com



March & April B'nai Mitzvah



March 26, 2022
Evan Abowitz,
Son of Erica & Stuart Abowitz



April 2, 2022
Liam Shogi,
Son of Mariel Brechner & Yitzchak Shoghi



April 9, 2022
Zachary Nathanson,
Son of Cantor Sharon & Michael Nathanson



April 9, 2022
Lester Goldman,
Second Bar Mitzvah

WITH GREAT JOY,
THE NATHANSON AND GOLDMAN FAMILIES INVITE YOU TO CELEBRATE

ZACHARY
DANIEL NATHANSON
זכריה דניאל
AS HE IS CALLED TO THE TORAH
AS A BAR MITZVAH

&

LESTER
HOWARD GOLDMAN
לסמן צבי הכהן
AS HE IS CALLED TO THE TORAH
FOR HIS SECOND BAR MITZVAH

SATURDAY AT NINE O'CLOCK IN THE MORNING
APRIL NINTH, TWO THOUSAND AND TWENTY-TWO
CONGREGATION B'NAI AMOONA
324 SOUTH MASON ROAD, SAINT LOUIS, MISSOURI
FESTIVE SHABBAT LUNCHEON TO FOLLOW
IN LIEU OF GIFTS, A CONTRIBUTION TO CONGREGATION B'NAI AMOONA
IN HONOR OF THE B'NAI MITZVAH WILL BE GREATLY APPRECIATED

Z & L

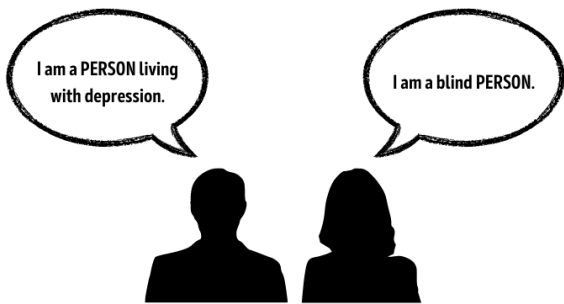
KINDLY REPLY BY MARCH 20TH TO
ZACHARYANDLESTER2022@GMAIL.COM

Lifelong Learning

Thank you Dena Tranen!



February is designated as JDAIM: Jewish Disability Awareness, Acceptance, and Inclusion Month. We were joined by Dena Tranen, LCSW, for a special JDAIM Shabbat on February 5. Dena is the Founder of The Care Collective as well as the owner and clinical director of The Middle Way Counseling and Consulting. Below are highlights from Dena's speech. To hear Dena's full speech, please contact Liessa Alperin at 314-576-9990 x116 or email liessa@bnaiamoona.com.



"Person First" Language & "Identity First" Language
 • Let the person with the disability tell you how they would like to be identified.



Inclusion Of Mental Health Challenges

ABILITY vs CAPACITY: Capacity can change throughout the day based on a number of variables such as physical pain, being tired, already having done a lot that day. For example, anxiety may prevent someone from returning a text or phone call in a timely manner. Continue to reach out to that person and ask them if it is okay that you continue to contact them. Not having capacity does not mean they do not want to be included.

Tolerance

I will tolerate you in the world and not ask you to leave or go home, and I'll stop using demeaning terms such as "handicapped," "crippled," or "retarded."

Acceptance

I accept that your disability exists and you should have rights that protect you.

Inclusion

You deserve to have a place in this world and you can find one here with me.

Inclusion in the Pandemic

Here are some ways to help

- Wear a mask, you never know when you are around someone who is medically fragile and they should not have to disclose this information to people around them.
- Instead of saying "I'm done with the pandemic," say, "I'm traumatized by the pandemic."
- Remember the values you had prior to the pandemic and survival skills. If there is a gap, this may mean you are experiencing trauma.
- Reconnect to your Jewish values.



The experience of many autistic adults is that they never truly feel at home with us as neurotypicals the way some Jews only really feel at home in Israel or some deaf people only feel "gotten" and understood by other deaf people who are signing.

Camp Ramot Amoona – Camp Calendar!

Looking to Make a Difference?

We Need You!

Camp Ramot Amoona is looking to hire counselors, lifeguards, and swim instructors entering 9th grade and older. A memorable summer of fun and leadership development.

Contact Kyla at kyla@bnaiamoona.com

Kyla
 Kyla Gersten
 Director, Camp Ramot Amoona
 314-769-5952
kyla@bnaiamoona.com



JUNE & JULY

13 THE MAGIC OF CAMP RAMOT AMOONA BEGINS...	14	15 Hat Day	16	17 YOM TOV GAME
20 Lashon Harah: Speaking kindly of others	21	22 FAVORITE SPORTS DAY	23 Undernight	24 MACCABIA
27 Erek Apayim: Slow to anger	28	29 Rainbow Day	30 Overnight	1 CAMP CARNIVAL
4	No Camp This Week			

JULY & AUGUST

11 Rahum: Having Compassion	12	13 TWIN DAY	14 Undernight	15 Camp Talent Show
18 Emet: Speaking the truth	19	20 MISMATCH DAY	21	22 Yom Yisrael
25 Tikkun Olam: Repairing the World	26	27 PJ DAY	28 Overnight	29 YOM MITZVAH
1 Modeh: Being Grateful	2	3 Tzrif Pick Day	4	5 ZIMRIA RIKUDIA

Lifelong Learning

Early Childhood News



The Linda Roskoff Early Childhood Center teachers and staff would like to take a moment to thank everyone who participated in our Super Bowl inspired annual fundraiser, LRECC SUPER SQUARES.

Our generous supporters are vital members of our TEAM who help us TACKLE our challenges to meet our GOALS.

We are also looking forward to a huge milestone next year, our 50th anniversary! We would love to have ECC alumni, former and current ECC teachers, and of course our families and supporters help us celebrate fifty years of quality early childhood education at B'nai Amoona. Feel free to send me a note if you would like to help plan this special landmark occasion!

Anita

Anita Kraus

Director of Early Childhood Education

314-576-9990 x127

anita@bnaiamoona.com

LRECC 2022-2023 REGISTRATION IS NOW OPEN!

Why attend LRECC? There are many reasons but one is that we are a team of experienced professionals. Part of what we do, aside from nurturing and encouraging developmental growth, is provide developmental screenings. Although all children age 3 and older are given the DIAL-4 screening, we document your child's growth beginning in the infant room. The DIAL-4 screening assess developmental skills that are the foundation of learning – fine and gross motor skills, basic concepts, and language acquisition. We meet with you throughout the year formally and informally to discuss your child's growth and milestone achievements. When necessary, we refer families to Special School District (SSD) or other resources for further assessment. In some cases, SSD teachers come to LRECC to provide services in areas including speech, motor skills, concepts, language and social skills. If we feel a child younger than 3 may have delays, we refer children and parents to First Steps, which, like Special School District, provides developmental screenings. We know the earlier we can intervene and promote development, the more likely a child will have educational success.

Our hours of operation are 8:00 am-5:30 pm, all year. We follow current COVID-19 guidelines, so right now we do not mix age groups throughout the day. We will continue to keep our unvaccinated children safe.

Our early childhood center has always been a happy place, and this year is no exception. It feels good to be here doing what we all love – teaching your bright and wonderful children.

CAMP B'NAI AMI

This year is flying by very quickly. Summer will be here before you know it and summer means – Camp B'nai Ami! We have 7 weeks of camp this year: June 14-Aug. 5 and our hours of operation stay the same all year, 8:00 am-5:30 pm. We have a few openings and waitlists are growing. We can open more spaces as soon as we have the staff in place!

Our Camp Director is our fabulous Morah Kerri Alper, who also serves as the asst. director throughout the school year. We will make use of our huge campus for lots of outdoor activities and keeping everyone busy exploring nature. For campers in our oldest group, Koalas (turning 4 before July 30) we will be swimming once again at the Elks Lodge. Everyone else will have fun at water play! Summer is a wonderful and memorable time for everyone.



MVP
\$500+
HARVEY GREENSTEIN
JEFF & TRACEY SINGER

QUARTERBACK
\$350+
MICHAEL & LINDA ROSENBLATT

WIDE RECEIVER
\$118+
RABBI JEFFREY & LAUREN ABRAHAM
HOWARD & PAM APPELMAN
NORMA APPELMAN
JAN BARON
ANDREW & NIKKI GOLDFEDER
BOB & BARB HOFFMAN
KENNY & ANITA KRAUS
CANTOR SHARON & MICHAEL NATHANSON
RABBI CARNIE SHALOM & PAULIE ROSE
DAVID & DIANE ROSEN
JACKSON SALASKY
JAMES & RACHEL SPEZIA
ALAN & RACHEL TAXMAN
JACK & DEBBIE VAN RYN

EARLY KABBALAT SHABBAT

For All Families With Young Children

SAVE THE DATES & REGISTER ONLINE

March 11

April 22

May 13





Shabbat Morning
April 2 Beginning at 10:15 am
For families with children in Pre-K and younger



WILLIAM & MALKA ABRAHAM
DAVID & KATHERINE ADELMAN
LIESSA ALPERIN
GAIL ARMSTRONG
DANIEL & JOYCE AROVAS
STUART & LAURIE COHEN
RABBI JOSEF & BARBARA DAVIDSON
STEVEN & JEN EDELE
BETSY ENGER
ALBERT & SHERI FINKELSTEIN
CHAIM FINKELSTEIN
SHMUEL & IDENA FREEDMAN
PAUL & DIANE GALLANT
LESTER GOLDMAN
YORAM HANIN & MISSY HANIN-KORENBLAT
MICHAEL HOLBROOK & BETH FROHLICHSTEIN
SCOTT & EMILY KALISHMAN
SHERYL KALMAN
BRETT & TZIVIA KALMES
MARC & SUSAN LAPP

ANDREA NEWSTEAD
CHERYL PERL
ELYSE PICKER
DALE POSLOSKY
BRYAN & JESSICA REINHEIMER
JEFFREY & MICHELLE REISER
DANIEL ROSENBLOOM & ROBYN JACOBS
BETH SALTZMAN
MICHAEL & LISA SAMIS
DAVID & CINDY SCHUVAL
HARRY & BARBARA SHECHTER
ROBERT & KERYN STOBESKI
MICHAEL TENNENBAUM
JOSEPH & CHANA VANEFF
OCTAVIO VARGAS
GREG & VINITA VOLK
ZICHAO WEN & MEITING LIANG
JONATHAN & YOCHVED WITTEN
MOISES AND Yael ZARAGOZA
LONGWEN ZHAO & XUE LI



Get Involved



It recently occurred to me that most members of B'nai Amoona have never actually visited my office. Unfortunately, most people haven't been in our building in a long time. I hope this will change very soon.

I was never the kid who plastered their walls with teen idols or my favorite band members. I was the kid who didn't move around her furniture; don't you know that every room has a "proper position" for the bed?! I had a canopy bed at one time. Lots of stuffed animals and dolls. And many...many...many...books!

When I moved into my first apartment I suddenly realized that this was the first time my home could represent me! Without even consciously doing it, each aspect of my apartment, from pictures on the walls to my choice of bedspread, spoke to an aspect of my personality.

In my last 29+ years of professional life, my office space has become a second home. In doing so; it has become very reflective of who I am and my values. Recently, someone came to my office who hadn't visited in a while and shared that, once again, wherever I plant myself feels like "Liessa."

If you were to visit, you would see some of my favorite quotes, a messy desk (though I know where everything is at all times!), bookshelves overflowing with books, a soft place to rest, pictures of my kids, artwork supplied by children, and of course, always a stuffed animal and fidget tools galore!

If you look closely, you will also see two items that have been in every office space I have ever inhabited. The first is a small picture of Alexander from "Alexander and the Terrible, Horrible, No Good, Very Bad Day." by Judith Viorst. The second, a bright neon yellow SEND HELP sign that most individuals keep in their car.

The "Send Help" sign which was once a joke between co-workers, has become a constant reminder that I am not alone in the work I do. It takes a village of co-workers and volunteers to create the community we have at B'nai Amoona. I am blessed to be at a place where each of us is working towards the same mission.

The work is challenging and exhausting at times; yet the feeling of being part of an incredible

dedicated team creates an environment infused with energy and love.

Alexander is found taped to my screen. Why, you may ask? In the book, Alexander is having an absolutely "horrible" day. However, in the end, he also realizes it's just one day. There is always tomorrow.

Some days do not go as planned, and yet, it's okay. This has been very helpful for me during the Pandemic.

Tomorrow does come. When I speak to people on the phone or in my office, I often refer to Alexander. We often talk about how the Pandemic has been hard on our children. It most certainly has!

However, it has affected everyone! Many of my daily interactions are with people who are struggling due to the isolation and other challenges of the Pandemic. I have found that one of the most important messages I can share is one of community; Kehillah.

Alexander would want you to know that tomorrow will come. Today, let us help you, as we are here.

We, at B'nai Amoona, are a Kehillah; a community. We have pivoted. We have evaluated. We have been nuanced in what we do. We make decisions. We change those decisions. We create. We challenge. We DO the work.

In the end; whatever we do, we are still here! In the building. On Zoom. In the Sanctuary or Chapel. Our classrooms are filled and we are always just a phone call away.

If anything, this is the message I hope to share. Two years in... and we are still HERE. Educating. Davening. Engaging. Sharing. Supporting. Caring.

As I sit here in my office, I can wish that someday soon each of you will come by and visit. You'll see my messy desk and feel welcomed! However, until then, I want to remind each person that we are still here. Your community is here for you. Join a Minyan. Take a class. Volunteer. Reach out in whatever way you feel comfortable. Your B'nai Amoona Jewish Community is here for you. And we will continue to be!

Lehitraot!

Liessa

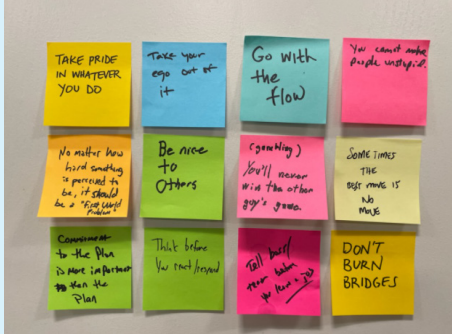
Liessa Alperin
Director of Innovative Learning,
Youth & Engagement
314-576-9990 x116
liessa@bnaiamoona.com

Men's Club News:

Men's Club has been incredibly busy the last few months. Thank you to all the guys who have stepped up to make our programs special. Here are the highlights:

Hearing Men's Voices:

On December 8th we had a fantastic Hearing Men's Voices (HMV) conversation led by David Schneberg. The topic of conversation was "Facing Things We Can't Control". David walked the group through identifying things that we cannot control in our lives, and then provided opportunities for ways to deal with those issues. We are setting the date for the next HMV in March with the topic of "For better or worse, do we become our parents?". Keep an eye out for date and time information to be emailed out.



Boys Night Out:

Boys Night Out (BNO) continues to be a huge hit. A big thank you to Rabbi Abraham and Scot Fowler for leading this effort! BNO is a great way to get together with the guys and relax. Every month or so we pick a new restaurant to try. In February we were at Terror Taco off of South Grand. If you have a place you think we should try, let Scot or Rabbi Abraham know.

World Wide Wrap Recap

February 13th we had a wonderful World Wide Wrap 2022. 46 women, men, and the 6th/7th grade MKLC classes came together to learn about and to celebrate the mitzvah of wrapping tefillin. Thank you Paul Whitson, Frank Keller, Creighton Cohn, and Dr. David Kantor for helping lead, teach, and demonstrate. Also a big thank you Liessa Alpern for coordinating the Men's Club working with the 6th Graders.



A CALL FOR VOLUNTEERS FOR YOM HASHOAH 2022



On April 27th, we pay homage to the 6 million Jewish lives that were extinguished in the Holocaust and boldly declare in front of survivors that we will always remember. As a proud partner of Yom HaShoah, the B'nai Amoona Men's Club is back to planning for deliveries of our Yellow Candles across the St. Louis area in advance of this remembrance. We are seeking approximately 40 drivers to deliver to our congregants on Sunday, April 24th.

The purpose is to instill in the next generation the value of Holocaust education through active contribution and meeting survivors and refugees, thus ensuring the flame of remembrance is never extinguished.

To sign up to volunteer, please fill in your information here:

[HTTPS://FORMS.GLE/KN7F1IB9PJMSYXR9](https://forms.gle/KN7F1IB9PJMSYXR9)

ARE YOU A Member of B'nai Amoona SISTERHOOD?

Sisterhood has 220 members who join together to promote Jewish values and traditions through social, educational, cultural and social action activities.

B'nai Amoona Sisterhood has so much to be PROUD of:

- Completed their pledge of \$50,000 for Capital Campaign
- Created a Purim Mishloach Manot gift program, which is delivered & distributed to all Sisterhood members
- Contributions to the MKLC for \$5,750, the ECC for \$7,000 and USY for \$1,000
- Collaborating with Men's Club, we support: Chanukah Staff Lunch, Life Cycle Gifts to B'nai Mitzvot, Ufrufs and Conversions
- Community Support to: Interfaith Conference, Jewish Book Festival, Jewish Film Festival, Jewish Food Pantry, Conservative Jewish Camps and Masorti Appeal

Become a Sisterhood Member and Help MAKE a Difference!

bnaiamoona.com/sisterhood



In Tribute

Yahrzeits

In Memory Of

Jacqueline Lee

Sharon & Irv Steinberg
Louise & Dale Frohlichstein

Stan Becker

Judi & Ken Rotskoff

Samuel Goodkin

Martin Bell

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Cookie & Ron Hollander

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Betty Peters

Mollie Bluestein Cohen, Walter Morris

Jo Linda & Sanford Cohen

William Rothman

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Yaffe Cwejgbaum

Adinah Raskas

Terry Koslov, Martin Koslov

Marilyn Humiston

Ben & Eva Lite

Selma Balk

Florence & Jerome Brodkin

Marcia & Wally Pankowski

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Marvin Rogaul

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Jay Meyer

Mollie Williams

Maurice Williams

Sophia Weisenberg

Judith & Brian Weisenberg

Kimberly Sue Hessen, Gertrude

Olschwanger

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Michael Askuvich

Al Schenberg, Irl Baris

Shirlene Baris

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Stanley Goodkin

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Lance Finland

Francine Mariam

Nancy & Larry Present

Irvin Bernstein, Joseph Tzinberg, Sadie

Tzinberg

Shirley Tzinberg

Thomas Levin

Kenneth Levin

Sam Goldenberg

Lanie & Milton Goldenberg

Abraham Levko

Susan Levko

Judith David

Donna David

Ron David

Estelle Tobin

Shelly & Barry Milder

Mor Rothmann

Ervin Rodin

Robert Owens

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Albert Alper

Norman Gold

Judy Goldman

Lester Goldman

Louise Herzog, Eva herzog

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Marcy & Rick Williams

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Sue & Marc Lapp

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Beverly & Maynard Chervitz

Mollie Nathanson's birthday

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B'nai Amoona

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Birth of Clara Mione

Monica & Joel Perlmutter

Rick Abram's birthday

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Sue & Marc Lapp

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Fay Levin

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A great Shabbat Shirah

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sistance Fund

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Anonymous

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IN MEMORY OF
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Cindy & David Schuval

David Ferman
Cindy & David Schuval

Tanta Malka
Cindy & David Shuval

Tributes listed are from
December 18, 2021, through
February 15, 2022. Tributes
received after February 15,
2022, will appear in the next
bulletin.



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Rabbi

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DAYLIGHT SAVINGS TIME

☒ SPRING FORWARD MY CLOCKS
☒ CHANGE BATTERIES IN MY SMOKE ALARM
☐ UPDATE MY INFO WITH B'NAI AMOONA

If you've moved, changed emails, or phone numbers, now's a great time to reach out!

BE IN THE KNOW
UPDATE YOUR INFO!

CALL: 314-576-9990 X142
OR
EMAIL:
TANYA@BNAIAMOONA.COM

A special note from our Rabbis and Cantor: Though we do not publish the names of those who make contributions to our Discretionary Funds (as a way to protect their request for anonymity), we deeply appreciate their continued thoughtfulness and generosity.

Todah Rabbah & May You Continue To Be Blessed!

**Rabbi Carnie Shalom Rose,
Cantor Sharon Nathanson,
Rabbi Jeffrey Abraham,
Rabbi Neal Rose**

Additionally, we do not publish contributions made to BA by our Klei Kodesh and Board President.

Mitzvah Menches To Help in the Gallant Family Judaica Shop

The Gallant Family Judaica Shop is open for business! We are looking for a few Mitzvah Menches who will assist people as they shop our beautiful and unique items. Shift options include: Sundays from 9:00 am - noon; Wednesdays from 9:00 am - noon and noon - 3:00 pm; and Thursdays from noon - 3:00 pm. Training will be in about two weeks. Contact Beth Saltzman, 314-993-5964 or bpsaltzman50@yahoo.com for more information or to volunteer.

Also, we are training additional Mitzvah Menches to learn how to "work" the front desk so that we have "subs" when our regulars need to be off or vacancies arise. Contact Beth for more information and to set up a time for training.

Todah Rabbah!

