

תשפ"ג  
5783

# HIGH HOLY DAYS



We hope you'll 🐝 with us  
gathered together,  
in gratitude!

שנה טובה • Shanah Tovah  
From Congregation B'nai Amoona



## A SPECIAL HIGH HOLY DAY MESSAGE FROM OUR SENIOR RABBI:

### “ACCORDING TO THE EXERTION IS THE REWARD...”

Shalom Yedidot & Yedidim!

The Israeli Bible Scholar, Professor Uriel Simon, who authored the JPS Bible Commentary to the Biblical Book of Jonah, reminds us that the “fanciful fish tale” of a man surviving within the belly of a great whale, which is read on Yom Kippur afternoon, is not the most profound miracle in the book. More incredible, to his way of thinking, is what happens when Jonah finally agrees to fulfill his mission and preach to the people of *Nineveh* that, in forty days, their city would be decimated. The truest miracle, claims Dr. Simon, is the response of the inhabitants in this Pagan city of *Nineveh*. They, from the Monarch down to the lowliest peasant, immediately accept the word of a heretofore unheralded Jewish Prophet speaking in the name of an invisible Deity they did not normally worship, all donned sackcloth, placed ashes upon their heads, and observed a three-day fast. Obviously, only a small number of the people actually heard Jonah speak. Yet they all joined in the fast. Nobody investigated Jonah’s background or questioned his authority. They just accepted his message on blind faith. They recognized their wrongdoings and earnestly repented. Not only them, but the *Ninevites* even dressed their livestock in sackcloth and ashes and made them fast as well. Certainly, at least for me, this part of the story is more unbelievable than even the story of a great whale swallowing a human being who survives within the belly of a great sea creature.

After all, even the best of us are often cynical and suspicious. Moreover, forgiveness and expiation for transgressions is supposed to be a process, and an arduous one at that. Often, it takes us many years to arrive at the realization that we need to tamp down our egos, change our ways, and engage in the process of heartfelt *Teshuvah*. So why read the Book of Jonah on the day dedicated to seeking atonement if it shares an unrealistic portrayal of turning and returning to God?

I think the answer is a deep one and one that is somewhat counterintuitive. We read of the *Ninevites’ Teshuvah* process precisely because it is extraordinary, sui generis – unique and exceptional. It does happen, but only on rare occasions, and then becomes the stuff of miraculous tales. For the rest of us average folks, forgiveness and expiation demand effort, exertion and most of all, patience. As we are taught in Pirkei Avot 5:23, “Ben Hey Hey said: According to the exertion is the reward”.

This BA High Holy Day Guide is intended to serve as a tool in your Teshuvah process. We hope it helps you, your loved ones, our Congregational Family, and all those who choose to join in our Worship Services attain a measure of what we all seek at this time of year - transformation, renewal and the ability to hit the reset button so that the year ahead of us outstrips the year that has passed. It won’t be easy, but it is definitely possible. May we have the fortitude to make it so.

Paulie and the Rosebuds join me in wishing you all a *Shanah Tovah U’Metukah*, a sweet, joyous and cathartic 5783.

With blessings and love,  
Reb Carnie



Rabbi Carnie Shalom Rose  
The Rabbi Bernard Lipnick  
Senior Rabbinic Chair  
314-576-9990 x105  
ravroseba@bnaiaamoon.com



Shalom B'nai Amoona Family,

"Hallelujah", Psalm 150, is one of my favorites, always beautifully chanted by Cantor Nathanson. As we prepare for the 5783 High Holy Days, I mentally sing (off-key!) "Hallelujah", we are back! We are all about engagement this year. We may be a little deterred by masks, but that's easy to overcome.

Before the pandemic, we had envisioned how our beautiful new structure would be utilized. We imagined hallways crowded with little voices; we imagined the Chod Gallery hosting spiritual and cultural events, and we imagined the patio outside of the Weissman Simchah Celebration Center full of members enjoying each other's company with food and drink. Now we can finally say: "Come back in and imagine with us!"

Our mission, this year, is to bring people in to utilize our magnificent dwelling for Simchahs, social gatherings, art gallery viewings, programs, or just as a special place to hang out with friends. It is time to remind our Congregation our doors are finally wide open and we are as much a place of camaraderie as we are a place of worship.

We enter this New Year in a strong financial position. We will continue to be transparent while taking the action steps necessary to ensure the sustainability of Congregation B'nai Amoona for many future generations. As we begin this New Year, we ask you to open your hearts and minds to the ideas that will be brought forward over the next 12 months, including fresh expectations and updated procedures.

This year's theme: "The soul is yours and the body is your handiwork, *Haneshamah Lach Vehaguf Poalach*" gives us an opportunity to reflect. We're moving past the pandemic in a safe way, deciding what will inspire our souls, while engaging back with B'nai Amoona. This is the year clergy, leadership, and staff will listen to the needs of our community, work to open hearts and minds, and continue to create the community to which we all aspire. Ultimately, we want to motivate every member to join in actively, as an important part of our *Kehillah*.

Our High Holy Days span over 30 days, beginning with *Selichot*, communal prayers for expiation and forgiveness on Saturday evening, September 17, and ending with *Simchat Torah*, on the evening of October 18 and the morning of the 19th, as we joyfully celebrate the end of the annual cycle of Torah readings and begin the cycle anew. They also offer us the ability to personalize our many worship experiences. We are offering live services, outdoor services, and virtual services, based on the current environment where Covid-19 challenges are still a daily reality. Your safety and peace of mind are our ultimate goals.

This year, pre-registration will be required for some of our programs as referenced in the enclosed High Holy Day Guide. Information is also on a dedicated page on our website including worship schedules, giving opportunities, and registration information. Your Kapparah Gelt pledge card, enclosed in this mailing, provides an opportunity to honor our New Year with a meaningful

donation that strengthens all the operations of our Shul. Other giving opportunities include High Holy Day general greetings and/or greetings that support our youth programs, published and shared during Rosh Hashanah. Please give generously and help us continue to strengthen our Shul! Should you have any questions, please feel free to reach out to Gail Armstrong, our Director of Development at [gail@bnaiamoona.com](mailto:gail@bnaiamoona.com) or 314-576-9990 x126.

We have come through a year of challenges carefully met by your Board of Trustees, Executive Board, and Past Presidents. We have turned an important corner by prioritizing the long-term sustainability of BA and placing this goal always at the forefront. We will continue to be transparent, open to your ideas, and receptive to your questions. As the President of the B'nai Amoona Board of Trustees, and representing our trustees, we have been honored and privileged to provide ongoing focus, leadership, and inspiration. This year we all look forward to seeing you in person, in our Big Tent, if you so choose! In the meantime, from our families to yours, we pray that you be inscribed in the Book of Life for a year filled with *Shalom* (peace), *Briyut* (good health) and *Simchah* (happiness).



Jeff Singer  
President  
314-249-9607  
[jeff@bnaiamoona.com](mailto:jeff@bnaiamoona.com)

THE SOUL IS YOURS,  
AND THE BODY IS YOUR  
HANDIWORK

HANESHAMAH LACH  
VEHAGUF POALACH

# JOIN RABBI CARNIE SHALOM ROSE & PREPARE YOUR HEART

*Special Pre-High Holy Days Adult Education Opportunities*

Please join us for one or all of these fascinating sessions!

## MONDAY SESSIONS

FRESH EYES ON ANCIENT TEACHINGS  
5:00 - 6:00 PM ON ZOOM

We will discuss, together, our Congregation-Wide "Big Read" book, *God in Your Body*, by Jay Michaelson

About this book:

This groundbreaking book is the first comprehensive treatment of the body in Jewish spiritual practice and an essential guide to the sacred. With meditation practices, physical exercises, visualizations and sacred text, you will learn how to experience the presence of the Divine in, and through, your body.

Zoom Link:  
[us02web.zoom.us/j/86535949864](https://us02web.zoom.us/j/86535949864)

Meeting ID: 86535949864

SEPTEMBER

5, 12, 19

## WEDNESDAY SESSIONS

INYANA DEYOMA -  
ISSUES OF THE DAY, RAPPING WITH RABBI ROSE  
10:00 - 11:30 AM

Join our Senior Rabbi for a weekly intimate Schmooze about the most challenging and pressing issues facing postmodern Jews and the members of our own *Kehillah*. Intimate, Relevant and Existential.

Zoom Link:  
[us02web.zoom.us/j/83102232083](https://us02web.zoom.us/j/83102232083)  
Meeting ID: 831 0223 2083

SEPTEMBER

7, 14, 21, 28

To register for any or all of these classes, please visit  
[www.bnaiamoona.com/adultedu.html](http://www.bnaiamoona.com/adultedu.html)

Please contact Liessa Alperin at 314-576-9990 x116 or email  
[liessa@bnaiamoona.com](mailto:liessa@bnaiamoona.com) with any questions.

**Interested in Fall  
Adult Education Opportunities?**

Visit [bnaiamoona.com/adultedu.html](http://bnaiamoona.com/adultedu.html)  
for a complete schedule





## PREP YOUR HEART FOR THE DAYS OF AWE

*With Dr. Arnold Eisen*



**Pre-Selichot Scholar-In-Residence Weekend with Dr. Arnold "Arnie" Eisen, former JTS Chancellor and author.**

## PRE-SELICHOT SCHOLAR-IN-RESIDENCE WEEKEND

### Friday, September 16 & Saturday, September 17

**Our Scholar-In-Residence, Dr. Arnold Eisen, will speak during the following programs:**

Friday, September 16 beginning at 6:00 pm  
Services, \*Dinner, and Discussion  
*Turning to God and Theology, Together*  
Please RSVP online for dinner at [www.bnaiamoona.com](http://www.bnaiamoona.com).  
Dinner/talk is intended for individuals 16+.

Saturday Morning, September 17 beginning at 9:00 am  
Services, Torah for Today, & Further Discussion from the Bimah  
*Words, More Words and Key Words*

Saturday, September 17 beginning at 6:30 pm  
Services, Seudah Shlishit and Text Study

**With thanks for the generous sponsorship of Neil & Marsha Alex and Debee Alex supporting the Dr. Morris Alex Speaker Series.**

#### Meet Dr. Arnold Eisen:

Arnold Eisen served as Chancellor of JTS from 2007-2020 and is currently a member of its faculty, teaching courses in modern Jewish thought. Widely recognized as one of the world's experts on American Judaism, Eisen is the author of five books, (including *Taking Hold of Torah* (a personal essay about American Judaism), dozens of scholarly articles and hundreds of essays, blogs and commentaries on the weekly Torah portion. The father of two children now in their 30s, and the husband for 40 years of Adriane Leveen, a scholar of the Hebrew Bible, Eisen is currently completing work on a book of personal theological reflection entitled ***Seeking the Hiding God***.



*Hereld Institute of JTS*

## SELICHOT

### Saturday, September 17

Pre-Selichot Discussion with Dr. Arnold Eisen  
***Are Teshuvah, Tefillah, and Tzedakah Truly Enough to Mitigate the Evil of the Decree?***

8:00 pm

Pre-Selichot refreshments in the Gallery

8:30 pm

Our moving Selichot Service in the Wolff Family Sanctuary

9:00 pm

**Selichot at B'nai Amoona is generously sponsored by the Schuval Family.**



# GRATEFUL FOR OUR SHEHECHEYANU MOMENTS



**We welcome our newest members  
who joined B'nai Amoona since  
Rosh Hashanah 5782!**

**DAVID & KATHERINE ADELMAN & FAMILY  
JENNIFER BECKER & FAMILY**

**DUSTIN & AMANDA BURLESON & FAMILY  
ALEXANDER & SARAH HAIMANN & FAMILY  
EITAN KANTOR**

**JERARD & RAQUEL LEVERSON & FAMILY  
BONNIE MARGOLIS (Z"L)**

**MARSHAL POGER  
JULIE O'CONNELL ROBERTS**

**LEAH ROGERS  
MICHELLE ROSENBERG & FAMILY**

**ROSS & HEATHER SILVERMAN & FAMILY  
ROARK & MAXINE WEIL**

**VIVIAN WEINER  
CAREY WINDHAM & NICOLE WEINSTEIN & FAMILY  
DAVID ZUNIGA**

## Mazel Tov

Mazel Tov on the birth of these babies born  
between September 6, 2021/5782 and  
Tuesday, September 27, 2022/5783.

**CATHERINE ARMSTRONG,**  
daughter of David & Bethany Armstrong

**MAOR KICHURA,**  
son of Danny & Lital Kichura

**JUDAH REISER,**  
son of Jeffrey & Michelle Reiser

**KAI GINSBERG,**  
son of Landon & Netali Ginsberg

**ISAAC KALISHMAN,**  
son of Scott & Emily Kalishman

**HENRY HOLDMAN,**  
son of Kasi Canis & Jason Holdman

**GERSON ATCHLEY,**  
son of Amy & Brock Atchley

**ELLA ASADORIAN,**  
daughter of Richard & Lainey Asadorian

**JUNIPER KRAFT,**  
daughter of Jarrid Kraft & Sarah Spencer

**ELEORA MATT,**  
daughter of Gavriel & SarahBeth Matt

**RORY VAN RYN,**  
daughter of Trina Van Ryn

**ETHAN PERNIKOFF,**  
son of Jordan & Erin Pernikoff

This list includes BA Members and children in our LRECC.

## FAMILY BLESSING on the Bimah

Our members and visitors are invited to bring their children onto the *Bimah* on  
Rosh Hashanah Day I and Rosh Hashanah Day II. Our Klei Kodesh will extend  
a wonderful family blessing as we gather together under the *Chuppah*.

Rosh Hashanah Day I, Monday, September 26, approximately 11:20 am  
Rosh Hashanah Day II, Tuesday, September 27, approximately 11:20 am





## EREV ROSH HASHANAH Sunday, September 25

Erev Rosh Hashanah Services 6:15 pm

## ROSH HASHANAH I Monday, September 26

Services in the Wolff Family Sanctuary 9:00 am

- Shacharit 9:00 am
- Torah Service with special Torah intro from Raquel Scharf-Anderson, new Head of Saul Mirowitz Jewish Community School 9:30 am
- Torah for Today with Rabbi Neal Rose 10:00 am
- Musaf 10:15 am
- Sermonette by Rabbi Carnie Shalom Rose 11:00 am
- Family Blessing on the Bimah followed by our Shofar Service 11:20 am

Youth Experiences, see pages 10-11 9:00 am

Babysitting begins, see page 13

## ROSH HASHANAH II Tuesday, September 27

Creative Shacharit and Torah Service, Davening Out of the Box in the Wolff Family Sanctuary 9:00 am

- Shacharit 9:00 am
- Torah Service 9:30 am
- Rosh U Alternative Program 9:30 am
- Musaf 10:15 am
- Special Rosh Hashanah Greetings from Brian Herstig, St. Louis Jewish Federation CEO 11:00 am
- Blessing Children on the Bimah and Shofar Service 11:20 am

Youth Experiences, see pages 10-11 9:00 am

Babysitting begins, see page 13

Evening Services for the end of Yontiff 7:00 pm

## TASHLICH Monday, September 26

Classic Tashlich & Shofar Blasts at the pond 4:45 pm

- *We will meet prior to 4:45 pm at the B'nai Amoona parking lot and walk over together.*

Meditative Tashlich & Shofar Blasts in the Guller Chapel 5:45 pm

Minchah & Ma'ariv in the Wolff Family Sanctuary 6:15 pm

The Tashlich Service, a unique ritual, is based on a phrase from the Prophetic Book of Micah (7:19):

*"You will cast all their sins into the depths of the sea."*

Tashlich is an especially poignant ritual for children. Please bring them with you so they can experience this meaningful ritual. Remember to bring your bread or breadcrumbs and Shofarot!



## KEVER AVOT & SHEMOT

Pre-Yom Kippur Visitation to the burial places of our Ancestors & Teachers and interment of holy books & materials

Sunday, October 2

10:30 am

B'nai Amoona Cemetery  
930 North & South Road  
(between Olive and Delmar)

Our Klei Kodesh will officiate at this moving experience. Following a brief musical, communal experience, the Klei Kodesh will be available to recite private prayers with members and their families. Please let us know, in advance, if you wish to have the Rabbis or Hazzan meet with your family by contacting Amy at amy@bnaiaamoon.com, or 314-576-9990 x131.



*Kever Avot & Shemot at B'nai Amoona is generously sponsored by Larry & Phyllis Hoffman, Buddy Hoffman, Mark & Judy Hoffman, Keith Alper and all of their grandchildren and great-grandchildren in memory of Stanley & Estelle Hoffman and Nancy Hoffman Alper. May their memories be an eternal source of blessing and inspiration.*

## KOL NIDREI

Tuesday, October 4

Intergenerational Service in the Ted Fisher Pavilion	4:30 pm
• Minchah in the Wolff Family Sanctuary	6:00 pm
• Musical Prelude	6:15 pm
• Kol Nidrei Service followed by Arvit	6:30 pm
• Sermonette by Rabbi Jeffrey Abraham	7:00 pm
Babysitting begins, see page 13	6:00 pm

Yom Kippur tealight candles will be available to light in our beautiful Chod Gallery at Shul.

We kindly request that all attendees be seated by 6:15 pm so as to enjoy the musical prelude to Kol Nidre.



## YOM KIPPUR

Wednesday, October 5

Services in the Wolff Family Sanctuary	9:00 am
• Torah Service	10:00 am
• Musaf	10:30 am
• Sermonette by Rabbi Carnie Shalom Rose	11:00 am
• Yizkor	11:30 am
Healing Service	12:30 pm
Recess	1:00 pm
A Moment of Intimacy with the Divine	2:15 pm
Schmooze with Rabbi Neal and Carol Rose	3:00 pm
Minchah	4:00 pm
Neilah, Ma'ariv, Havdalah and	
Sounding of the Shofar	5:15 pm
Yom Kippur Ends	7:08 pm

Youth Experiences, see pages 10-11	9:15 am
Babysitting begins, see page 13	10:00 am

### SCHMOOZE WITH RABBI NEAL & CAROL ROSE



Yom Kippur  
Wednesday, October 5  
3:00 pm in the Guller Chapel

*Yom Kippur As A Rehearsal  
For The Afterlife*

## Yom Kippur Afternoon Pre-Neilah

Wednesday, October 5  
from 2:15 - 3:45 pm

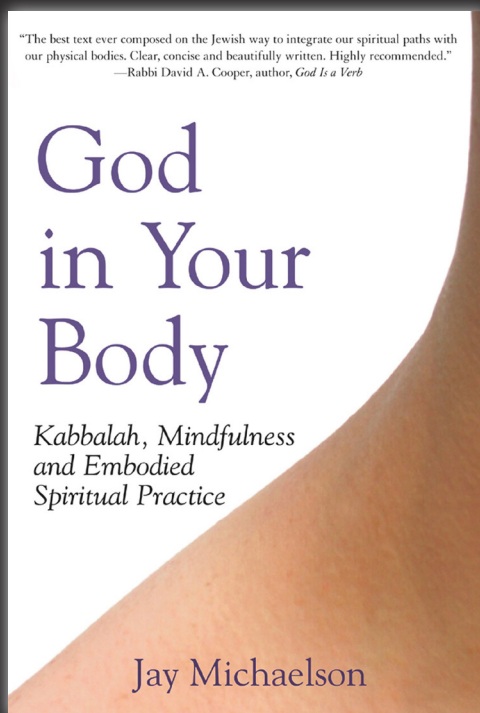
Online registration is required

*A Moment of Meditation at the Ark  
with Your Family, our Yom Kippur  
Neilah Ark Ceremony: A Unique  
Opportunity NOT TO BE MISSED*

You are invited as individuals, or as families, to come onto the Bimah and stand for a brief moment before the open Ark in personal, silent prayer. Families and individuals unable to join us for Neilah during Evening Services at 5:15 pm are welcome to register for a timeslot between 2:15 pm and 3:45 pm. Individuals attending Neilah Services will have an opportunity then.







We are pleased to announce our Congregational High Holy Day “Big Read” Book, *God in Your Body*, by Jay Michaelson.

About this book:

This groundbreaking book is the first comprehensive treatment of the body in Jewish spiritual practice and an essential guide to the sacred. With meditation practices, physical exercises, visualizations and sacred text, you will learn how to experience the presence of the Divine in, and through, your body.

To order, please contact Amy Maupin at [amy@bnaiamoona.com](mailto:amy@bnaiamoona.com) or call 314-576-9990 x131, books are \$18 and can be paid for by check or cash.

*Our “Big Read” discussions will take place on Zoom each Monday during Rabbi Carnie Shalom Rose’s Fresh Eyes on Ancient Teachings class.*

# OPERATION ISAIAH:

## OUR ANNUAL YOM KIPPUR FOOD DRIVE

*This is My chosen fast...To share your bread with the hungry, To take the homeless into your home, To clothe the naked when you see them.*

*(Isaiah 58:6-7)*

On Kol Nidrei & Yom Kippur, as we gather together in prayer, we ask each member of our Congregational family to bring food to Shul. Trader Joe’s supplies us with shopping bags for you to take home and fill. This food will be distributed to the needy through The Harvey Kornblum Jewish Food Pantry. FILL THE BIMAH with food for the needy!

Todah Rabbah to our BAUSyniks who are helping with Operation Isaiah food collections. If needed, you may drop your bags in the circle drive prior to parking for Services.





# HIGH HOLY DAY EXPERIENCES FOR EARLY CHILDHOOD & YOUTH



INTERACTIVE FUN FOR CHILDREN AGES  
THREE YEARS OLD THROUGH FIFTH GRADE!

***ROSH HASHANAH I: MONDAY, SEPTEMBER 26***

***ROSH HASHANAH II: TUESDAY, SEPTEMBER 27***

***YOM KIPPUR: WEDNESDAY, OCTOBER 5***

Youth High Holy Day opportunities are sponsored by Dr. Harvey & Fran Cantor and Family.



# HIGH HOLY DAY EXPERIENCES FOR EARLY CHILDHOOD & YOUTH

We are excited to provide opportunities for our youth to engage in interactive activities during High Holy Day Services. This will allow them to experience the Holy Days in a developmentally appropriate way while they are at B'nai Amoona.

**Youth High Holy Day opportunities are sponsored by  
Dr. Harvey & Fran Cantor and Family.**



## EARLY CHILDHOOD EXPERIENCES (BIRTH - 5 YEARS)

Young children and their families will enjoy Tefillah with Rabbi Jeffrey Abraham and will include familiar tunes and engaging activities.

Rosh Hashanah I: 9:15 - 9:45 am

Rosh Hashanah II: 9:15 - 9:45 am

Yom Kippur Morning: 9:30 - 10:00 am

Following Services, we will provide babysitting for children ages one year to three years old (registration required). Children three years and older will join Youth Experiences (rotations).

## 3 YEARS - FIFTH GRADE YOUTH EXPERIENCES

Come join the fun! We will have a blast enjoying games, drama, obstacle courses, games and many more interactive experiences. There are even insects and animals involved this year! Online registration is required.

Rosh Hashanah I: 9:15 - 11:30 am

Rosh Hashanah II: 9:15 - 11:30 am

Yom Kippur Morning: 9:30 am - 12:00 pm

## SIXTH - EIGHTH GRADE YOUTH EXPERIENCES

We are requesting our Preteens/teens in grades 6-8th attend High Holy Day Services in the Wolff Family Sanctuary. We recognize some of our Youth (and adults) may need to take a break during Services; we will be providing a staffed "break room" for those in grades sixth through eighth.

# SUKKOT HIGHLIGHTS



## \*CONGREGATION-WIDE SUKKOT EVENT SUNDAY, OCTOBER 9 AT 9:00 AM

Join us to construct 18 Sukkot at B'nai Amoona - no tools, no problem! These Sukkot structures are easy to build and fun for the whole family! Online registration required.

*\*Programs with an asterisk require online registration.*

Sukkot at B'nai Amoona is sponsored by Sanford and Gloria Spitzer in memory of all their loved ones.

## \*ADULT NIGHT IN THE SUKKAH

Sunday, October 9 Service & Dinner at 6:15 pm

## FAMILY SUKKOT EXPERIENCE

Monday, October 10 at 10:00 am during Morning Services

## \*BA DINNER IN THE HUT: ALL CONGREGATIONAL SUKKOT DINNER

Wednesday, October 12 at 5:15 pm

## \*YOUNG COUPLES NIGHT OUT IN THE SUKKAH

Thursday, October 13 at 7:30 pm

## NOSH IN THE SUKKAH & SERVICES

Friday, October 14, snacks at 5:15 pm -  
Evening Services at 6:00 pm

## \*MEN'S CLUB SCOTCH IN THE SUKKAH

Saturday, October 15 at 7:00 pm

# SIMCHAT TORAH

## MONDAY, OCTOBER 17

- Pre-Simchat Torah Family Celebration 4:45 pm
- Minchah 5:00 pm
- Pre-Simchat Torah Dinner 5:15 pm
- Ma'ariv & Hakafot 6:00 pm

## TUESDAY, OCTOBER 18

- Simchat Torah Services 9:00 am
- Hakafot, Special Kiddush, and honoring our  
Bride and Groom of the Torah,  
Diane & Paul Gallant 9:45 am
- Minchah and Ma'ariv 6:15 pm
- Havdalah 7:17 pm

Simchat Torah at B'nai Amoona is sponsored by Michael, Laura, Samuel, and Katherine Rose Ellenhorn.



# BRIDE & GROOM OF THE TORAH

Diane and Paul Gallant have been married for 66 years and are blessed with two children, three grandchildren, and two great-grandchildren. They have been members of Congregation B'nai Amoona for fifty years.

When asked to share a little about their work, their volunteering, and their notable accomplishments, this was the answer: "We've had many awards over the years, and many recognitions, but B'nai Amoona knows who we are and it is our deep honor to be

representatives, for 5783, as Bride and Groom of the Torah. Our deep love of being Jewish and the hope that we've worked to create a better world to live in, and especially a better Jewish world, is our greatest accomplishment. We hope to have left a deep Jewish imprint as our legacy for B'nai Amoona and beyond."





## High Holy Days Babysitting Reservation

Register online at [www.bnaiamoona.com](http://www.bnaiamoona.com), or call Tanya Spivey at 314-576-9990 x142 or email [Tanya@bnaiamoona.com](mailto:Tanya@bnaiamoona.com). As part of your registration form, we ask that each family make a contribution to cover childcare costs. Childcare costs are \$18 per Service for families with 1-2 children and \$36 per Service for families with 3 or more children.

Rosh Hashanah I ---- (children six month - 3 years)  
Monday, September 26 beginning at 9:45 am

Rosh Hashanah II ---- (children six month - 3 years)  
Tuesday, September 27 beginning at 9:45 am

Kol Nidrei ---- (children six month - 5 years)  
Tuesday, October 4 beginning at 6:00 pm

Yom Kippur ---- (children six month - 3 years)  
Wednesday, October 5 beginning at 10:00 am

Yom Kippur Neilah ---- (children six month - 3 years)  
Wednesday, October 5 beginning at 5:15 pm

Times listed indicate the time babysitting opens.  
Babysitting lasts for the duration of Services in the Main Sanctuary.

Babysitting capacity is limited - if you find you no longer need care after you register, please contact Liessa Alperin at 314-576-9990 x116 so that she may notify families on our waitlist.

For questions, please contact Liessa Alperin, or contact her at 314-576-9990 x116, or [liessa@bnaiamoona.com](mailto:liessa@bnaiamoona.com)

## Be Sure to Register Online for these Congregational Events!



JOIN US AT ECKERT'S MILLSTADT FUN FARM! WE WILL HAVE OUR OWN TENT WITH ACTIVITIES AND ALL YOU'LL NEED TO PICK APPLES.

CAPACITY IS LIMITED AND ONLINE REGISTRATION IS REQUIRED.

\$8/PERSON, CHILDREN TWO YEARS OLD AND YOUNGER ARE FREE.



## HIGH HOLY DAY GREETINGS

Please join us in celebrating the New Year 5783 with a thoughtful gift sharing the sweetness of the year! Your extra support as a donor can be applied to a **High Holy Day Congregational Greeting** and/or **Programming for Youth**. Donors will be acknowledged in the special greetings section of the Shanah Tovah Holiday Handout.

**Deadline for submitting your Greetings is Friday, September 16.**

Make your contribution online at [www.bnaiamoona.com](http://www.bnaiamoona.com), or call

Gail Armstrong at 314-576-9990 x126.

While you are here for High Holy Day Services, please visit the **Art Gallery at B'nai Amoona** located in our Krupat Oberman Community Lounge and the lobby outside of our Guller Chapel. Our current exhibition features work from Tsila Schwartz and Mark Witzling. Be sure to also mark your calendars for our art exhibit reception on Sunday, October 23 from 2:00 - 4:00 pm.

Visit  
<https://www.bnaiamoona.com/artgallery#>  
for more information

## CELEBRATE SUKKOT WITH YOUR OWN LULAV & ETROG

For centuries, blessing the Lulav and Etrog has been the Jewish way of thanking God for the blessings of the earth on the Holy Day of Sukkot. By holding the four species together, we symbolically “get our own act together” for the New Year. By pointing them in six directions, we remind ourselves that God’s presence can be found in every aspect of our lives.



And by shaking the Lulav and Etrog vigorously, we commit to being “movers and shakers” in the world, for good and for blessing. Have your Lulav & Etrog delivered directly to your door.

Use this link, and Bnai Amoona receives 10% of your order back!

[www.esrogheadquarters.com/?ref=M4T9y5Bkfb4fT](http://www.esrogheadquarters.com/?ref=M4T9y5Bkfb4fT)

## HAMECHABER (THE CONNECTOR)

FORMERLY KNOWN AS COLLEGE CONNECT

We want to connect with our young adults during the year, whether they be college students, post college, or have chosen a different path after High School. We will send a few packages and invitations to join us when they are in town.

Please share your young adult’s information with us (even if it hasn’t changed) so we know where they are and can update our lists for goodies throughout the year. Please fill out the form at [www.bnaiamoona.com/collegeconnect](http://www.bnaiamoona.com/collegeconnect)

We also send an email to families with Young Adults ages 18-28.

***A special thank you to the Rabbi Bernard Lipnick Foundation for the Conservative Movement for sponsoring this initiative!***



# WE ARE GRATEFUL TO HAVE VISITORS WITH US!

- All visitors are invited to join us for High Holy Day Services this year.
- Please register online at [www.bnaiamoona.com](http://www.bnaiamoona.com). Feel free to contact Amy Maupin at 314-576-9990 x131 or [amy@bnaiamoona.com](mailto:amy@bnaiamoona.com) with any questions.

## PARKING

- We are delighted to welcome everyone during the High Holy Days. For the safety and security of all, please follow the parking procedures listed below.
- Please cooperate with parking attendants and traffic officers at all times.
- The North Lot is for Accessible Parking only. All other cars should enter on the south side.
- Please DO NOT park in the Accessible Parking Area unless you have an appropriate permit. If you don't have a permit but have a handicapped person in your car, please drop that person off at the Circle Drive on the South side of the building and proceed to park on the North Lot.
- We will NOT park on the baseball fields.
- Please DO NOT block the fire lanes.
- There is absolutely no parking at yellow curbs. These areas are for emergency vehicles only.



## FULL PARTICIPATION IS OUR GOAL!

We provide many resources for inclusive support throughout the High Holy Day season. These include:

- Accessible seating
- Hearing devices
- Transportation to Shul
- Family Restroom
- Accessible restrooms
- Comfort height toilets (South Side Restrooms)
- Large print Machzorim (prayer books)
- Chairs with arms
- Live Streaming

Please contact Liessa Alperin with any questions at 314-576-9990 x116 or [liessa@bnaiamoona.com](mailto:liessa@bnaiamoona.com).

## ADDITIONAL INFO

### GREETERS

An efficient greeting staff is an important component to our success. Email Claudia Hearst at [claudiahrpro@gmail.com](mailto:claudiahrpro@gmail.com) should you wish to make yourself available to be a Greeter this High Holy Day season. *Today Rabbah* (thank you)!

### SEATING

Please arrive early to secure your seat of choice. If you have special seating needs, please contact Anita Kraus at 314-576-9990 x127 to make necessary arrangements.

### LIVESTREAM

To view live services, please visit [www.bnaiamoona.com](http://www.bnaiamoona.com), and click on the purple "Stream Services Online" button under the banner of our homepage. Live Streaming at B'nai Amoona is made possible through the generosity of the Rabbi Bernard Lipnick Foundation for the Conservative Movement. For those streaming services, Machzorim will be available for pick up from Monday, September 19 through Friday, September 23 and must be returned in order to avoid a charge by Friday, October 14.

**WE ASKED SOME OF OUR MEMBERS TO SHARE WHAT THEY ARE GRATEFUL FOR -  
HERE'S WHAT THEY HAD TO SAY, MODIM ANACHNU:**

I am grateful for B'nai Amoona. I am grateful for our Klei Kodesh and for our dedicated, hardworking staff and volunteers. I am grateful for our members, our B'nai Amoona family. I am grateful for being a lifelong member of a Shul that offers so many ways for me to express and enhance my Jewish identity and deepen my love, understanding and practice Judaism.

**-Lester Goldman**

I'm grateful for being part of such a warm, accepting and inclusive community!

**-Sheryl Kalman**

I'm thankful to God for the "gift" of each day. For the "gift" of health for my family, friends and teachers who love and encourage me to continue my Hebrew studies. I'm grateful to God for blessing me with the ability to celebrate my Second Bat Mitzvah on August 27, 2022.

**-Bev Chervitz**

Everyday I am most grateful for how fortunate I am. I have a healthy family who work hard. I have caring friends who look out for each other. And, I have a loving husband, son, and daughter. Life isn't perfect, it's just how you choose to look at it. Being grateful comes from within, so smile, say hello, and enjoy the everyday moments of life. L'Shana Tovah,

**-Rachel Taxman**

I am grateful for my family, friends, community, and the ability to give and receive the love that makes living worthwhile and meaningful.

**-Harvey Greenstein**

Sisterhood is grateful for our sisters and all they do!

**-Elise Krug**

I'm thankful for the vibrancy in the St. Louis's Jewish community. There are so many people and places that strengthen us as a people."

**-Kevin Litt**

Having just started my jubilee year of life, I am grateful for being healthy and of sound mind. It is with gratitude to God that I am still independent and have the ability to continue an active lifestyle, spending time with family, especially my great nieces and great nephews and volunteering at B'nai Amoona.

**-Beth Saltzman**

My mom shared the following Heidi Barr quote with me last year. "Practicing gratitude doesn't mean burying unwanted feelings or looking for the silver lining in a bad situation. Practicing gratitude means acknowledging what is still good alongside the mess."

I am grateful for so many things, including the unconditional love and support from my husband Andrew, to be able to see the beauty of the world through the eyes of our children, and for the incredible village of women who surround me and lift me up.

**-Nikki Goldfeder**

I am grateful for the kindness shown to our family at Barnes Hospital this summer. When you are dealing with a scary medical situation, the smallest effort to make anything better for you is magnified. From Reba who took my father's meal order every day but knew exactly what he liked and could do it without our input - to the amazing nurses, some of whom took time out of their busy shifts to sit down and just TALK with us about their lives - to the sweet guy doing the echocardiogram late one Friday afternoon who turned out to be a Persian Jew from Great Neck here temporarily, to whom we gave half of the challah we'd brought - to the incredibly sensitive and caring doctors and residents. We are grateful for all of them!

**-Lynnsie Kantor**

I am grateful for all of my friends that I have made these past few years. They are people I always know I can go to and have helped me learn more about myself and also how to be a better person.

**-Aydan Bricker**



I am most grateful for my daughter Tovah. We live together and I am always amazed that we are so lucky to have such a great friendship. There are so many things to be grateful for when I just look around, and most times it doesn't even have to be huge things.

**-Betsy Enger**

I continue to be grateful for the ability to gather safely as a community. Whether in daily Minyanim to support each other in joy and in sad times, in Shabbat morning services and Kiddush as an inclusive prayer and social community, and in classes, school, camps, Sisterhood and Men's Club, etc. I don't think we truly knew the meaning of GATHERING until it was taken away from us. Looking forward to gathering with all of our B'nai Amoona family.

**-David Kantor**

I am grateful for the community that provides for me and my family. We are safe, we are healthy, we are loved, we are seen, and we are cared for. In the world we live in, having the love and support of a caring community is becoming more difficult to find. On this New Year, my wish is that all families have access to a community that provides them with the love that my family enjoys. Todah Rabbah.

**-Larry Opinsky**

I am super grateful for my family! They have always been supportive through all my endeavors, whether that be in school or in USY. They have been great mentors and have led me down a great path in my life, and have set me up for so much success.

**-Ilana Boyer**

I'm grateful for the opportunity to sing with Cantor Sharon and our amazing group of singers to help get the Congregation into its best spiritual mindset!

**-Eric Wallerstein**

I am grateful for so many things in my life. Our family is blessed with great health. My children are doing well and growing. I have a husband who I love and a job that fills my cup. I have good friends and community. I try to remember my gratitude every day.

**-Jennifer Smith**

## *New Groups at B'nai Amoona... Join us!*

# YOUNG COUPLES NIGHT OUT

A new group for young B'nai Amoona members and their partners.



## First Meet Up: Sukkot Day IV Thursday, October 13 @ 7:30 pm

Our first YCNO meet-up will take place in the Sukkah at B'nai Amoona. We'll gather together to enjoy appetizers and drinks in celebration of Sukkot. We'll also schmooze and make a plan for our next night out! Contact Rabbi Jeffrey Abraham at [rabbi.abraham@bnaiamoona.com](mailto:rabbi.abraham@bnaiamoona.com) for more information.



# NOT YOUR PARENT'S GROUP

-MEET, EAT, & CONNECT-

## BA LAUNCHES NYPG FOR 20-30 YEAR OLDS

**FIVE MONTHLY MEET-UPS PLUS:**  
*Let's Do A Mitzvah Project*

QUESTIONS OR KNOW SOMEONE?  
**CONTACT LIESSA@BNAIAMOONA**

# MASTER SCHEDULE OF SERVICES

ELUL 5782 - TISHREI 5783  
SEPT/OCT 2022

## SELICHOT - Saturday, September 17

Pre-Selichot discussion with Dr. Arnie Eisen	8:00 pm
Selichot snacks and refreshments	8:30 pm
Our moving Selichot Service	9:00 pm

## EREV ROSH HASHANAH - Sunday, September 25

Evening Services	6:15 pm
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## ROSH HASHANAH I - Monday, September 26

Shacharit	9:00 am
Youth Experiences	9:00 am
Torah Service	9:30 am
Torah for Today with Rabbi Neal Rose	10:00 am
Musaf	10:15 am
Sermonette by Rabbi Carnie Shalom Rose	11:00 am
Family Blessing on the Bimah followed by our Shofar Service	11:20 am
Classic Tashlich & Shofar Blasts at the pond	4:45 pm
Meditative Tashlich & Shofar Blasts in the Guller Chapel	5:45 pm
Minchah & Ma'ariv	6:15 pm

## ROSH HASHANAH II - Tuesday, September 27

Creative Shacharit: Davening Out of the Box	9:00 am
Youth Experiences	9:00 am
Torah Service	9:30 am
ROSH U - Alternative Program	9:30 am
Musaf	10:15 am
Family Blessing on the Bimah followed by our Shofar Service	11:20 am

Evening Services for the end of Yontiff	7:00 pm
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## FAST OF GEDALIAH - Wednesday, September 28

*This fast commemorates the assassination of Gedaliah Ben Achikam, the Governor of Judah, after the destruction of the First Temple, which marked the end of any hope that a sovereign Jewish Government would survive.*

Shacharit	7:00 am
Minchah & Ma'ariv	6:15 pm

## SHABBAT SHUVAH (The Shabbat of Repentance)

Friday, September 30	6:00 pm
Saturday, October 1	9:00 am
Afternoon/Evening Services & Havdalah	6:30 pm

## FAMILY APPLE PICKING

**Sunday, October 2 from 9:30 - 12:00 pm**

Join us at Eckert's Millstadt Fun Farm! We will have our own tent with Rosh Hashanah activities and all you'll need to pick your apples.

## KEVER AVOT & SHEMOT - Sunday, October 2

Pre-Yontif Visitation to the Burial Places of our Ancestors & Teachers	10:30 am
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## KOL NIDREI - Tuesday, October 4

Intergenerational Service	4:30 pm
Minchah	6:00 pm
Musical Prelude	6:15 pm
Kol Nidrei Service followed by Arvit	6:30 pm
Sermonette by Rabbi Jeffrey Abraham	7:00 pm

*Yom Kippur tealight candles will be available to light at Shul in our beautiful Gallery.*

## YOM KIPPUR - Wednesday, October 5

Shacharit	9:00 am
Youth Experiences	9:15 am
Torah Service	10:00 am
Musaf	10:30 am
Sermonette by Rabbi Carnie Shalom Rose	11:00 am
Yizkor	11:30 am
Healing Service	12:30 pm
Recess	1:00 pm
Schmooze with Rabbi Neal & Carol Rose	3:00 pm
Minchah	4:00 pm
Neilah, Ma'ariv, Havdalah & Sounding of the Shofar	5:15 pm
Yom Kippur Ends	7:08 pm

Please take a moment to review our health and safety protocols which include wearing a mask while in our building (unless seated and eating). We also ask that you help keep our Kehillah (community) safe by doing a wellness check prior to your arrival. If you are experiencing symptoms of any kind, we request that you stream our Services online. Shanah Tovah and Todah Rabbah for your cooperation!



**EREV SUKKOT SERVICES – Sunday, October 9**

Congregational Sukkot Program: Sukkah City	9:00 am
Adult Night in the Sukkah Service & Dinner	6:15 pm
Evening Service	6:15 pm

**SUKKOT I - Monday, October 10**

Services	9:00 am & 6:15 pm
Family Sukkot Experience	10:00 am

**SUKKOT II - Tuesday, October 11**

Services	9:00 am & 6:15 pm
Snacks in the Sukkah at Rabbi Jeffrey Abraham's Home	3:00 pm

**SUKKOT III – Wednesday, October 12**

Services	7:00 am & 6:15 pm
BA Dinner in the Hut:	
All Congregational Sukkot Dinner	5:15 pm

**SUKKOT IV - Thursday, October 13**

Services	7:00 am & 6:15 pm
Young Couples Night Out in the Sukkah	7:30 pm

**SUKKOT V - Friday, October 14**

Services	7:00 am
Nosh in the Sukkah	5:15 pm
Shabbat & Sukkot Services	6:00 pm

**SUKKOT VI - Saturday, October 15**

Services	9:00 am & 5:30 pm
Men's Club Scotch in the Sukkah	7:00 pm

**HOSHANAH RABBAH – Sunday, October 16**

*Hoshanah Rabbah is the last day of the season of repentance, and incorporates spiritual and visceral rituals, as well as joyous singing and dancing. On Rosh Hashanah the decree is written, and on Yom Kippur it is sealed - but there is always one more chance.*

Shacharit followed by a festive breakfast	9:00 am
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**SHEMINI ATZERET**

Sunday, October 16	6:15 pm
Monday, October 17	9:00 am
Yizkor (approx)	10:30 am

**SIMCHAT TORAH****Monday, October 17**

Pre-Simchat Torah Family Celebration	4:45 pm
Minchah	5:00 pm
Pre-Simchat Torah Dinner	5:15 pm
Ma'ariv & Hakafot	6:00 pm

**Tuesday, October 18**

Simchat Torah Services	9:00 am
Hakafot & Special Kiddush to Honor the Bride & Groom of the Torah	9:45 am
Minchah & Ma'ariv	6:15 pm
Havdalah	7:17 pm



Join our social  
media pages  
@BnaiAmoona

## Candle Lighting Times Rosh Hashanah I & II

Erev Rosh Hashanah, Sunday, September 25	6:36 pm
Day One, Monday, September 26	7:35 pm
Day Two, Tuesday, September 27	
Havdalah	7:30 pm

**Shabbat Shuvah**

Friday, September 30	6:28 pm
Havdalah, October 1	7:15 pm

**Kol Nidrei/Yom Kippur**

Tuesday, October 4	6:22 pm
Wednesday, October 5	
Yom Kippur Fast Ends	7:08 pm

**Sukkot**

Erev Sukkot, Sunday, October 9	6:14 pm
Sukkot I, Monday, October 10	7:02 pm
Sukkot II, Tuesday, October 11	
Havdalah	6:59 pm

**Shabbat Chol Hamoed Sukkot**

Friday, October 14	6:07 pm
Saturday, October 15	
Havdalah	6:53 pm

**Shemini Atzeret**

Erev Shemini Atzeret, Sunday, October 16	6:03 pm
Erev Simchat Torah, Monday October 17	6:51 pm

**Simchat Torah**

Tuesday, October 18	
Havdalah	6:50 pm

**KLEI KODESH & STAFF**

Carnie Shalom Rose, *The Rabbi Bernard Lipnick Senior Rabbinic Chair*  
 Sharon Nathanson, *Cantor*  
 Jeffrey Abraham, *Rabbi*  
 Neal Rose, *Senior Rabbinic Scholar in Residence*  
 Bernard Lipnick (Z"L), *Rabbi Emeritus*  
 Leon S. Lissek, *Cantor Emeritus*  
 Anita Kraus, *Executive Director*  
 Liessa Alperin, *Director of Innovative Learning, Youth & Engagement*  
 Kerri Alper, *Director of the Linda Rotskoff Early Childhood Center*  
 Gail Armstrong, *Director of Development*  
 Rachel Bray Spezia, *Director of Communications*  
 Kyla Gersten, *Director of Camp Ramot Amoona & USY Advisor*  
 Laurie Cohen, *Assistant to Cantor Sharon Nathanson & Rabbi Jeffrey Abraham*  
 Elisabeth Fox, *LRECC Administrative Assistant*  
 Idena Freedman, *Administrative Assistant to Innovative Learning, Youth, & Engagement*  
 Amy Maupin, *Assistant to Rabbi Carnie Shalom Rose*  
 Claudia Millonas, *Accounting Assistant*  
 Tanya Spivey, *ShulCloud Database & Web Manager*  
 Chris Whitaker, *Chef & Kitchen Manager*  
 Ethan Breit, *Office Support*



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**OFFICERS AND EXECUTIVE COMMITTEE**

Jeff Singer, *President*  
 Beth Saltzman, *Senior Vice President*  
 Jennifer Smith, *Administrative & Communications Vice President*  
 Betsy Enger, *Development Vice President*  
 Marcy Williams, *Membership Vice President*  
 Sheryl Kalman, *Programming Vice President*  
 David Kantor, *Religious Affairs Vice President*  
 Alan Fine, *Director of Finance*  
 Edward Herzog, *Secretary*  
 Marcia Weis, *Treasurer*  
 Jeff Weis, *Member-At-Large*  
 Gary Wolff, *Member-At-Large*  
 Paul Gallant, *Special Executive Committee Advisor*

**AUXILIARY PRESIDENTS**

Diane Friedman & Elise Krug, *Sisterhood*  
 Kevin Litt, *Men's Club*  
 Aydan Bricker, *BAUSY*



**May the New Year be a good and sweet year  
 filled with Mazel, happiness,  
 peace, good health, and  
 prosperity.**

**We pray that each and every  
 member is inscribed and sealed in the  
 Book of Life for this New Year.**

*The Klei Kodesh,  
 Staff & Lay Leadership  
 of Congregation B'nai Amoona*