



## Temple B'nai Jeshurun

### Wednesday, September 15

Erev Yom Kippur Service – 7:30 pm

### Thursday, September 16

Yom Kippur Morning Service - 10:00 am

### Interlude – 1:00 pm

Sandbagging the Foundation to Survive the Storm; a presentation and conversation with Nancy Schornack; Social Hall  
(see below for more information)

### Jonah: Yom Kippur Conversation - 2:00 pm

Discover the haftarah for Yom Kippur afternoon, as we chant, read, and discuss the a story for all generations.  
in tent, weather permitting; with Cantor Roochvarg and Rabbi Nemitoff

### Healing and Torah Service - 3:00 pm

Social Hall

### Yizkor and Neilah (part 1) Service - 4:30 pm

Neilah (part 2) / Havdalah Service - 5:45 pm  
outside by tent, weather permitting

### Monday, September 20

Erev Sukkot w/Tifereth Israel - 6:00 pm  
In our sukkah (weather permitting)

### September 20- September 27

### Sukkot

Come whenever you want and enjoy a meal in our sukkah (please call the office and let us know you are coming)

### Friday, September 24

Shabbat Chol Ha-Moed Sukkot - 6:00 pm  
outside, in our sukkah, weather permitting

### Saturday, September 25

Shabbat Chol Ha-Moed Sukkot - 10:00 am  
Including Yizkor, via Zoom

### Sunday, September 26

### Sukkot Surprise - 3:00 pm

For families with children under 12; outdoors/sukkah/tent, weather permitting

### Monday, September 27

Erev Simchat Torah/Consecration - 6:00 pm  
in sukkah, weather permitting



Having received a Master's degree from Colorado Christian University, Nancy Schornack is a Licensed Mental Health Counselor (LMHC) in the State of Iowa and has over 30 years of counseling experience. She currently owns her own practice in Johnston, IA called *Second Journey Counseling*, where she provides

mental health counseling services to adults and couples. Her greatest joy is being married to her husband, Kent and enjoying adventures with their adult sons, their wives, and their new granddaughter. She loves travel, cheering on the ISU Cyclones, movies and books, and being in her kayak enjoying the solitude and beauty of nature. Her life is fortified by her relationships with family and friends.

Due to concerns with COVID and knowing that food collection for the needy is an essential part of our holiday experience, we are asking you **not** to bring bags of food to us this year. Rather, please just make donations to the Des Moines Area Religious Council's Emergency Food Pantry. The easiest way to do so is to make a donation to the **Rabbi's Discretionary Fund**, indicate that it is for the food drive, and we will forward 100% of the money to them. Please be generous.



Also due to concerns with COVID and keeping all of us as healthy as possible, there will be some changes to our services. First, you will notice that we are not handing out service folders. We are eliminating paper to reduce the amount of handling by multiple people. **The one exception will be our Book of Remembrance**, that we produce for Yizkor. That will be available both online and handed out for those who are attending in-person on Thursday afternoon.

In the same spirit, we ask everyone to **TAKE HOME their Yom Kippur prayerbook and bring it back the next day to use**. Once more, our goal is to minimize the handling of our books by different people.

For this year, the only participation by members of the congregation will be Torah/Haftarah readers and those who recite the blessings, as well as candlelighters. We do this out of an abundance of caution. We look forward to returning to a time when we can invite many to participate in order to honor those who give selflessly of themselves to our community.

We will be publishing lists of those who helped in services and who helped prepare for our holidays. Those lists will be both online and in our bulletin in the coming weeks.

We are grateful to our musicians and wish they could be with us on the bimah. To keep everyone safe, we have asked them to participate upstairs in our "choir loft," to assure maximum safety for all.

## YOM KIPPUR

One tradition of Yom Kippur is to fast for 24 hours, refraining from all food and liquid. However, some are commanded **NOT** to fast. These include women who are pregnant, those on medication, and those who are required to eat regularly. Jewish law insists that they eat in an appropriate fashion during the Day of Atonement. *(The same is true for standing during our service. Please remain seated if your health dictates.)*

If you are fasting and begin to feel lightheaded or woozy, please know that emergency snacks, water and juice will be available in both of our kitchen - off of the Social Hall, and in our kitchenette downstairs. They will be specially marked for this purpose and are there for you.

Another tradition is not wearing leather on Yom Kippur. This will explain why you will see some at services who choose to wear cloth covered shoes instead of leather. Wearing tallit and kipa (yarmulka) are always optional at Temple B'nai Jeshurun. Tallitot are worn normally only during the day, except when one leads services; and on Kol Nidrei eve. **On this night only, people are encouraged to wear tallitot.**

Because services are long, come and go as you wish. But please *do not leave or enter when the Ark is open, out of respect for the words of Torah*. Kol Nidrei lasts about 90 minutes; Yom Kippur Morning will end around 12:30 pm. Neilah concludes between 6:00-6:15 pm.

### Yom Kippur Yahrzeits

Aaron Blair  
Arthur Cohen  
Sheryle Cohen  
Jean Cook  
Maurice DeGraff  
Sophia Frankel  
Harry R. Frankle  
Martin Greller  
Fred Katzmann  
Anne Kessel  
Rose Seidler Lesser  
David R. Miller  
Beulah Pierce  
Dorothy Pomerantz  
Margaret Pomerantz

Maury Rapaport  
Abraham Robinson  
Sylvia Rosenthal  
Helen Brown Ross  
Carole Rubiner  
Helen Pomerantz Sandler  
Alan Scherer  
Alan Lee Seidler  
Ronni Sherman  
Jack Silverstein  
Ruthanne Silverstein  
Florence Silverstein Strauss  
Larry Toraason  
Cecile Landsman Tosky

\* Milton Neumann Krueger (Father of Sondra Feldstein)

\*\* Aniceta Vista (Mother of Joyce Wayne)

\*\*\* Richard Seidenfeld (Husband of Susan Seidenfeld, Father of Julie Seidenfeld and Brad Seidenfeld)