



**THANK YOU FOR THESE RECENT CONTRIBUTIONS:**

***Capital Campaign***

Barb Straus

***Clinic With a Heart***

Barb Straus

***General Fund***

David Nachenberg, in memory of Sam Nachenberg and Sandra Leon and in honor of Chana Tova Chaya Finer-Nachenberg

***Memorial Fund***

Leslie Delserone, in memory of William Delserone

***Rabbi's Discretionary Fund***

Ben & Elaine Gelber, in memory of Elisabeth Gelber  
Bob Shapiro, in memory of Betty Shapiro  
Zoya Zeman, in memory of Erwin Doehren Zeman



***Oneg hosts needed!***



**Open dates: August 24 and 31**

**Congregation B'nai Jeshurun**

*The South Street Temple*

2061 South 20<sup>th</sup> Street

Lincoln, NE 68502



<http://www.southstreettemple.org>

office@southstreettemple.org / 402-435-8004

**IN THIS ISSUE:**

- 1 Recent Contributions
- 2 From the Rabbi's Study
- 3 Services, Torah Study, Upcoming Events
- 5 Upcoming Yahrzeits

**IMPORTANT AUGUST DATES**

FRIDAY, AUGUST 3

SOUTH STREET TEMPLE SOCIAL HALL

6:30 PM

Home-Style Family Shabbat & Dinner

SUNDAY, AUGUST 12

TIFEREH ISRAEL SYNAGOGUE

4:00 PM

*Chevra Kaddisha* Training

SATURDAY, AUGUST 18

SOUTH STREET TEMPLE SOCIAL HALL

6:00 PM

Potluck Dinner & Game Night

SUNDAY, AUGUST 19

TIFEREH ISRAEL SYNAGOGUE

4:00 PM

Suicide Prevention Workshop

TUESDAY, AUGUST 21

SCREAMER'S DINING & CABARET

12:00 N

Ladies' Lunch

SUNDAY, AUGUST 26

TIFEREH ISRAEL SYNAGOGUE

9:30 AM

First Day of LJCS Classes

***August Anniversaries***

- Art & Chris Zygielbaum (August 8: 31 years)
- Rick & Cindy Kohn (August 15: 36 years)
- Peter Mullin & Leslie Delserone (August 18: 29 years)
- Bob & Dottie Shapiro (August 18: 55 years)
- Rabbi Debbie & Steve Stiel (August 21: 25 years)
- Ellin Siegel & John Mosow (August 31: 15 years)

***Mazel tov!***

## The Month of *Elul* - A Prelude to the High Holy Days



I am always amazed by Judaism's infinite wisdom and often astute awareness of the human condition. Take the High Holy Days, for example. This is a time of deep reflection, repentance, and reconciliation. We're supposed to assess our shortcomings *and* our triumphs, and, where necessary, to repair our relationships with G-d, family,

friends, the community, and ourselves. We do this through a combination of confession, apology, forgiveness, and a commitment to change our behavior.

There is a great deal of courtroom and trial imagery in the High Holy Day liturgy – we try to soften G-d's judgment and decree with *tefila* (prayer), *teshuvah* (repentance) and *tzedakah*. We can seek forgiveness or leniency from G-d... but only for our transgressions against G-d. For our transgressions against our fellow human beings, we must seek forgiveness directly from them.

When you think about it, the ten days we have between *Rosh HaShanah* and *Yom Kippur* are not enough time to do this hard work if we are to take our task seriously. With this in mind, the sages set aside the entire month before *Rosh HaShanah* – the month of *Elul* – to begin our work. This year, the month of *Elul* corresponds to August 12 to September 9 on the secular calendar.

There are many ways to use the month of *Elul* to help prepare for the High Holy Days. I offer you a few ideas:

- ❖ Change your Jewish calendar – or put one up for the first time—to be more fully aware of the opportunity for change.
- ❖ Sign up for the *Jewels of Elul* ([www.jewelsofelul.com](http://www.jewelsofelul.com)) and receive short daily inspirational insights from an eclectic group of people which is e-mailed to you from Craig Taubman.
- ❖ Take the entire month of *Elul* to identify, reflect, and act upon those things in your life that need fixing or repair. Try setting a different goal for each of the four weeks. Ask yourself: “What progress am I making?” “What obstacles am I encountering?” “What can I do to overcome these obstacles?” Keep a journal, if that helps.

- ❖ Begin the sometimes difficult process of granting and asking for forgiveness.
- ❖ Blow a *shofar* – or hear a *shofar* blown – every morning (except *Shabbat*) until the day before *Rosh HaShanah*. The blasts of the *shofar* are intended to awaken our spirits and inspire us to begin our soul searching.
- ❖ Read Psalm 27 daily. It begins with these words: *G-d is my light and my help, whom should I fear; G-d is the stronghold of my life, whom should I dread?* And despite the Psalmist's confidence and trust in G-d, the Psalm also asks G-d not to be hidden from us: *Hear O G-d, when I cry aloud; Have mercy on me, answer me.*
- ❖ Attend our *S'lichot* program and service on Saturday night, September 1, which begins at 7:00 pm. This is a special time to come together, later in the evening than usual, to offer our prayers for forgiveness, to hear the ancient and haunting melodies of the High Holy Days, and to recite the 13 Divine Attributes, which call upon G-d's mercy and compassion.

If you take me up on my invitation to do any of these things, I think you'll find that this year's High Holy Days will be even more meaningful for you than in past years.

L'Shalom, and an early *Shanah Tovah*,

*Rabbi Teri Appleby*

## LJCS News

*First Day of Classes: Sunday, August 26<sup>th</sup>!*

### LINCOLN JEWISH COMMUNITY SCHOOL

Andrea Halpern, Program Director –  
ahalpern1386@gmail.com

Tracy Gordon, Administrative Coordinator –  
tgordongjc@yahoo.com



**SERVICES/TORAH STUDY/UPCOMING EVENTS**  
[with events/activities for the home]

**Thursday, August 2**

7:00 pm – HHD Choir rehearsal

**Friday, August 3**

[Candlelighting for Shabbat at 8:21 pm]

6:30 pm – Home-Style Family Shabbat & Dinner, Social Hall (hosted by Rabbi Appleby)

**Saturday, August 4**

[Havdalah (72 minutes) at 9:50 pm]

9:30 am – Shabbat Morning Service

10:45 am – Torah Study on Parashat Ekev

**Sunday, August 5**

11:30 am – Adult Hebrew 2

**Thursday, August 9**

7:00 pm – HHD Choir rehearsal

**Friday, August 10**

[Candlelighting for Shabbat at 8:12 pm]

6:30 pm – Erev Shabbat Service

7:30 pm – Oneg (hosted by Alan Frank)

**Saturday, August 11 – Rosh Chodesh Elul**

[Havdalah (72 minutes) at 9:41 pm]

9:30 am – Shabbat Morning Service

10:45 am – Torah Study on Parashat Re'eh

**Sunday, August 12 – Rosh Chodesh Elul**

11:30 am – Adult Hebrew 2

4:00 pm – Chevra Kaddisha training at Tifereth Israel

**Tuesday, August 14**

6:45 pm – Star City Kochavim rehearsal

**Wednesday, August 15**

7:30 pm – Federation Board meeting at Tifereth Israel

**Thursday, August 16**

7:00 pm – HHD Choir rehearsal

**Friday, August 17 – Friday Night Live!**

[Candlelighting for Shabbat at 8:03 pm]

6:30 pm – Erev Shabbat Service with the Star City Kochavim

7:30 pm – Oneg (hosted by Roberta Kirkendall & Natalie Kadlec)

**Saturday, August 18**

[Havdalah (72 minutes) at 9:31 pm]

9:30 am – Shabbat Morning Service

10:45 am – Torah Study on Parashat Shoftim

6:00 pm – Potluck Dinner and Game Night

*continued on page 4*

**2018 / 5779 High Holy Days Service Schedule**

**Sunday, September 9:** Erev Rosh Hashanah Service, 8:00 pm

**Monday, September 10:** Rosh Hashanah Morning Service, 10:00 am

Rosh Hashanah Family Service (for 3<sup>rd</sup> graders & under), 2:00 pm

Tashlich & Picnic (Antelope Park; see below), 4:00 pm

**Friday, September 14:** Shabbat Shuvah Healing Service, 6:30 pm

**Sunday, September 16:** Kever Avot Service at Wyuka Cemetery, 3:00 pm

**Tuesday, September 18:** Kol Nidre Service, 8:00 pm

**Wednesday, September 19:** Yom Kippur Morning Service, 10:00 am

Yom Kippur Family Service (for 3<sup>rd</sup> graders & under), 2:00 pm

Yom Kippur Afternoon Service, 3:00 pm

Yizkor Service, 5:00 pm, with N'ilah Service following

**Break-the-Fast Potluck to follow services in the Social Hall**

**New: TASHLICH and PICNIC**

We will gather Rosh HaShanah afternoon at 4 pm in Antelope Park to cast our short-comings into the creek followed by a POT-LUCK picnic. Bring a friend! Details on exact location will be provided.

**SHABBAT SHUVAH HEALING SERVICE**

The Shabbat between Rosh HaShanah and Yom Kippur is known as *Shabbat Shuvah* (the Sabbath of Turning) referring to the fundamental theme of the High Holy Day season: Our turning – or returning. We turn away from transgression; we turn back to G-d, to Torah, to one another, to the best of our true selves. This year, we will be offering a special healing service for Shabbat Evening on **Friday, September 14 at 6:30 pm**. Through special rituals, music, and readings, our service is intended to provide you with hope for a return to wholeness.

**KEVER AVOT MEMORIAL SERVICE**

The words *kever avot* literally mean the “graves of our fathers.” It is traditional to visit the graves of our loved ones between Rosh HaShanah and Yom Kippur: in the hope that our loved ones will intercede on our behalf with G-d during this time of judgment; and to allow us to honor those who so deeply affected our lives. Rabbi Appleby will be conducting a Kever Avot service at Wyuka Cemetery on **Sunday, September 16 at 3:00 pm**.

**HIGH HOLY DAY FOOD DRIVE**

*I CAN. YOU CAN. LINCOLN CAN.* Throughout the month of September, the South Street Temple will collect food and funds to donate to the Food Bank of Lincoln. Look for the blue barrels in the Temple vestibule and help us fill them up! On **Friday, September 28**, we will bring our donations to the Lincoln CAN event at Gateway Mall.

## Ladies' Lunch Group



This month we will do something different. We will meet **August 21<sup>st</sup> at 12:00 noon** at [Screamers Dining and Cabaret, 803 Q Street](#) in the Haymarket

There is street parking and a parking garage near by but it may be best to do some carpooling.

See you soon!

Let [Deborah Swearingen](#) (402-475-7528) know if you plan to attend and if you need a ride.

### August Birthdays

**August 1:** Maureen Lobb, Jonah Paslawski, Bob Shapiro

**August 2:** Josh Gordon, Nick Lundholm

**August 5:** Sofia Siedband

**August 6:** Kitra Monnier

**August 7:** Stefani Singer

**August 8:** Moses Bloom

**August 9:** Ben Merliss

**August 11:** Arnold Radloff

**August 12:** Mark Singer

**August 16:** Bob Bleicher

**August 17:** Janet Lundholm

**August 22:** Jonathan Leo

**August 22:** Fishel Liberman, Teri Perkins

**August 28:** Mark Schwartz

**August 29:** Leah Hack-Curtis, Adriann Paslawski

**August 31:** Lydia Wall

★ **HAPPY** ★  
**BIRTHDAY!**



*continued from page 3*

### **SERVICES/TORAH STUDY/UPCOMING EVENTS** [with events/activities for the home]

#### **Sunday, August 19**

**11:30 am** – Adult Hebrew 2

**2:30 pm** – Feeding the kids at the F Street Rec Center

**4:00 pm** – Yellow Ribbon Suicide Prevention training

**7:00 pm** – Pickleball at Tifereth Israel

#### **Tuesday, August 21**

**12:00 n** – Ladies' Lunch at Screamer's in the Haymarket

**6:00 pm** – LJCS Teacher Orientation, part I at Tifereth Israel

#### **Thursday, August 23**

**7:00 pm** – HHD Choir rehearsal

#### **Friday, August 24**

[Candlelighting for Shabbat at **7:52 pm**]

**6:30 pm** – Erev Shabbat Service

**7:30 pm** – Oneg (hosted by Elaine Monnier)

#### **Saturday, August 25**

[Havdalah (72 minutes) at **9:21 pm**]

**9:30 am** – Shabbat Morning Service

**10:45 am** – Torah Study on Parashat Ki Tetze

#### **Sunday, August 26** – *First Day of LJCS classes*

**9:30 am** – LJCS Gan through Grade 7

**10:00 am** – LJCS Geshet

**11:30 am** – Adult Hebrew 2

**1:30 pm** – Board of Trustees meeting

**3:30 pm** – Challah baking session for Rosh Hashanah

**7:00 pm** – Pickleball at Tifereth Israel

#### **Wednesday, August 29**

**4:00 pm** – LJCS Hebrew School

#### **Thursday, August 30**

**7:00 pm** – HHD Choir rehearsal

#### **Friday, August 31**

[Candlelighting for Shabbat at **7:41 pm**]

**6:30 pm** – Erev Shabbat Service

**7:30 pm** – Oneg (host needed!)



### **Temple Gift Shop**



The [Gift Shop](#) will now be open on **Sundays** from **11:00 am-2:00 pm** and on **Friday afternoons** from **4:30-6:30 pm**.

We will add additional hours as and when we have staffing. If you'd like to be a Gift Shop volunteer, please call Linda Glaser at **402-617-6471** or e-mail her at [gigglesglaser@yahoo.com](mailto:gigglesglaser@yahoo.com).

☆ **Upcoming Yahrzeits** ☆

**July 29 – August 4, 2018**

Leon A. Adelson  
William Edward Delserone  
Marcella Frank  
Louise W. Gladstone  
Pam Kominsky  
Annette Lewis Leo  
Lainie Lombardi  
Julee Lowe  
Emma E. Monnier  
Thomas Reinecke  
Harry Rosenthal  
Elizabeth Salzman  
Betty Shapiro  
Bertha Simon  
Richard Swearingen  
Will Stam  
Peter Thompson

**August 5 – 11, 2018**

M.P. Frank  
Tillie Reed  
Julia M. Schlesinger  
David Trustin Sherman  
Henrietta Gold Speier

**August 12 – 18, 2018**

Rita Babbitz  
David Feldman  
Minnie Friend  
Anne Gepner  
Jean Greenlee  
Irving Hertzberg  
Anna Thomas Johnson  
Jack Lerner  
Hattie Levy  
Louis Liberman  
Harold C. Mayer  
Max Mozer  
Stanley Sands  
Florence G. Schlesinger  
Donald Shkolnick  
Kate Bluth Speier

**August 19 – 25, 2018**

Mildred Nefsky  
Jean Parmet  
Ruth Salter  
Albert Speier  
Pearl Weissner  
Matthew Wodtke

**August 26 – September 1, 2018**

Alex Bernstein  
Roberta Crable



☆ **Upcoming Yahrzeits** ☆

**August 26 – September 1, 2018 (continued)**

James Gessford  
Timothy J. Reitz  
James Alan Rhodes  
Fanny Nefsky Seelenfreund  
Rose Ruth Wayne  
Mary Elizabeth Whalen  
Margaret Wiemann  
Arthur Zinn



*Zichronam livracha:*

*May their memories be for blessing.*

**INTRO TO JUDAISM**



If you are an interfaith couple, a non-Jew considering conversion or just curious, or a Jew looking for a refresher course about Jewish culture, thought, and practice, this class is for you!

This 18-session course, which meets on select Tuesday nights, will cover a wide range of topics essential to Jewish life: holidays, life cycle celebrations, theology and core beliefs, values, sacred texts, history, anti-Semitism & the Holocaust, Israel, the American Jewish experience, and the tapestry of the Jewish people today.

We'll be using three books this session; all are available from Amazon:

- ☆ [Judaism's 10 Best Ideas, by Arthur Green](#)
- ☆ [Living a Jewish Life, by Anita Diamant](#)
- ☆ [Settings of Silver, by Stephen M. Wylen](#)

The class is dynamic, thought-provoking, engaging, and fun. All are welcome.

Cost: \$25 for non-members, or \$10 for Temple members.

Please contact Rabbi Appleby if you need scholarship assistance. Money will not be a barrier to taking this class.

First class: Tuesday, August 28, 7:00-9:00 PM.

To register, please contact the Temple office: 402-435-8004 or [office@southstreettemple.org](mailto:office@southstreettemple.org) by **August 14<sup>th</sup>**.

***A minimum of five students will be needed to offer this class***



**Announcing a training session for those who wish to learn about participation in the mitzvah of *kavod ha-met* (honoring the dead).**

Nancy Coren will be meeting with men and women who would like to learn about the methods used by the *chevra kaddisha* (holy society that prepares bodies for burial) on **Sunday afternoon August 12th at 4:00 pm at Tifereth Israel**. This session is designed to bring new participants into the ranks of the *chevra kaddisha*. If you plan to attend, please let the [Synagogue office](#) know.

**South Street Temple is partnering with "We Can Do This" to provide weekend meals to the children of the F Street Community Center.**



The neighborhood surrounding the F Street Community Center is designated as an "extreme poverty area" by the U.S. Census Bureau. While the Center provides evening meals during the school week, it does not have the budget to serve anything to eat on weekends, leaving some children with little or no food during the day.

Join us as we provide lunch on the third Sunday of every month. Food/monetary donations, meal preparation and assistance with setting up, serving, and clean-up are needed!

*We will serve our next meal on  
**August 19<sup>th</sup> at 2:30 pm***

*For more information, contact  
Aimee Hyten at [aimee.hyten@gmail.com](mailto:aimee.hyten@gmail.com) or  
Lupe Malcom at [lupemalcom65@gmail.com](mailto:lupemalcom65@gmail.com)*



**Challah-baking workshop!**

**Sunday, August 26<sup>th</sup> at 3:30 pm**  
(following the Board meeting)

Learn some baking techniques and practice your loaf-forming skills as we prepare for Rosh HaShanah!

**Register at [office@southstreettemple.org](mailto:office@southstreettemple.org)  
Or call (402) 435-8004**



Chris Hansen of the Yellow Ribbon Suicide Prevention Program will join adult members of the Lincoln Jewish community at **Tifereth Israel** on **Sunday, August 19th at 4:00 pm**. His presentation will be geared for parents, grandparents, teachers, and Jewish communal workers who work with youth of all ages.

The following objectives will be met by his presentation related to suicide prevention:

- Increased knowledge of Warning Signs, Risk and Protective Factors
- Increased knowledge of help resources and how to access them
- Increased knowledge of liabilities, policies and procedures for schools
- Increased knowledge of how to talk to their own teens about suicide/suicide prevention
- Learn how to respond to a Cry for help
- Learn how to Start the Conversation of help
- Readiness – crisis protocols applicable for your school/site and in your community

Nancy Coren, who attended a version of this workshop last fall, is hoping that our Jewish community members will attend this very important session. It falls in line with the Jewish value of *Pikuach Nefesh* - saving a life - which is the highest mitzvah one can fulfill.



**THE WEEKLY TORAH PORTION**

**Parashat Ekev:**

**[Deuteronomy 7:12 - 11:25](#)**



**Read more at the [URJ's Torah Study site](#)**

## Caring Community ~ *Kehilat Hesed*

### Please let us know if you can help:

- Deliver a meal to a neighbor
- Give a neighbor a ride to a Temple event
- Give a neighbor a ride to an appointment
- Run an errand for a neighbor
- Make a friendly phone call or pay a visit to someone who is home-bound
- Knit a shawl for someone who is ill
- Offer a place at your holiday table

### Please let us know:

- If there has been a death or new birth in your family
- If you or a family member is ill
- If you need a ride to Temple
- If you need an errand done
- If you are home-bound
- If you are the primary caregiver of an aging parent or a child with special needs
- If you would like to be hosted for a Shabbat or holiday dinner



As our summer days begin to shorten, it is time to prepare for the High Holy Days. This year, we will welcome 5779 with our Rabbi, Teri Appleby. We would like to invite you to read a text in English on Rosh HaShanah or Yom Kippur. Please let us know if you would like to accept this invitation and which service(s) you'd prefer (please not your first, second and third choices for day and time; see list below).

- **Rosh HaShanah Morning, Monday, September 10, at 10:00 am:** 4 readers
- **Kol Nidre, Tuesday, September 18, at 8:00 pm:** 8 readers
- **Yom Kippur Morning, Wednesday, September 19, at 10:00 am:** 3 readers
- **Yom Kippur Afternoon, Wednesday, September 19, at 3:00 pm:** 6 readers
- **Yizkor, Wednesday, September 19, following the afternoon service:** 7 readers
- **N'ilah, Wednesday, September 19, following Yizkor:** 2 readers

If interested, contact:

Peter Mullin at [office@southstreettemple.org](mailto:office@southstreettemple.org)  
or Rabbi Appleby at [rabbi@southstreettemple.org](mailto:rabbi@southstreettemple.org)

You may of course also call the Temple office at 402-435-8004.

## CONGREGATION B'NAI JESHURUN THE SOUTH STREET TEMPLE

2061 South 20<sup>th</sup> Street  
Lincoln, NE 68502-2712  
402.435.8004

<http://www.southstreettemple.org>

Teri Appleby, rabbi – [rabbi@southstreettemple.org](mailto:rabbi@southstreettemple.org)  
Peter Mullin, office administrator –  
[office@southstreettemple.org](mailto:office@southstreettemple.org)  
Office hours 1:00 to 5:00 Monday through Friday

Nathaniel Kaup – President  
[president@southstreettemple.org](mailto:president@southstreettemple.org)  
(Vice President: vacant)  
Julie Moore – Secretary  
Leslie Delserone – Treasurer

Board members – Maria Cadwallader, Aimee Hyten,  
Elaine Monnier, Anne Rickover, Nicholette Seigfreid,  
Dan Sentf, Dottie Shapiro, Art Zygielbaum

### Branch Heads:

*Chesed (Caring):* Vacant  
*Gevurah (Sustainability):* Dottie Shapiro  
*Hod (Communications):* Maria Cadwallader  
*Maichut (Building and Grounds):* Dan Sentf  
*Netzach (Special Events):* Aimee Hyten  
*Ruach (Spirit):* Elaine Monnier  
*Yasod (Foundation):* Art Zygielbaum  
*Vad (Unifying):* Leslie Delserone, Nathaniel Kaup, Julie Moore



### Bikur Holim ~ Visiting the Sick

In Jewish tradition, it is a *mitzvah* to visit those who are sick. This includes visiting patients in the hospital, a rehabilitation center, or a nursing home; it also includes visiting the homebound and making phone calls.

Rabbi Appleby makes *bikkur holim* visits and phone calls but can only do so if she knows that someone is ill or is in the hospital. Due to HIPAA patient privacy laws, the only time a hospital will inform us about a congregant is if the patient lists the Temple as his/her congregation.

If you, a loved one, or a friend would like the Rabbi to make a *bikkur cholim* visit or phone call, please let Rabbi Appleby know. Call the Temple office at 402-435-8004 or e-mail [rabbi@southstreettemple.org](mailto:rabbi@southstreettemple.org)

## LIFE CYCLE AND SIMCHA

If you have something to celebrate or know someone in need of prayers, please notify the Temple office. If you wish to commemorate important milestones in the lives of family and friends, please consider a tax-deductible gift to the Temple. An acknowledgment will be sent to the honoree, and a notice will appear in the Temple bulletin.

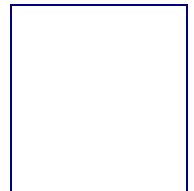
Go to the [Temple web site](#), and select DONATE. If you are a Member or Friend of the Temple, please log into your account first.

You can specify that your donation is "In Honor of," "In Memory of," or "On Occasion of."

Or you may simply send a check to:  
South Street Temple (ATTENTION: Treasurer)  
2061 South 20th Street, Lincoln, NE 68502-2712

*Your thoughtfulness is appreciated.*

Congregation B'nai Jeshurun  
*The South Street Temple*  
2061 South 20<sup>th</sup> Street  
Lincoln, NE 68502-2712



ADDRESS CORRECTION REQUESTED

