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# High Holy Days Supplement

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## 5775

*L'Shanah Tova!*

*Welcome to Central Reform Congregation*

We are honored that you have chosen to join us for our High Holy Day services. From the beginning, CRC has done our best to welcome all who want to worship with us throughout the year. Just as we are proud to provide a holy space for all those who choose to be with us, your presence enriches these holidays for all who are gathered here today. It takes many people to create a holy community. Thank you to all whose contributions of time, spirit, and resources enable us to welcome the St. Louis community during these Days of Awe.

This annual Supplement contains information about CRC's High Holidays observances and upcoming holidays and programs. All of the programs listed are open to the community. **We encourage you to take this supplement home with you and join us again soon.** Please return the *Machzor* – prayer book – and any unwanted Supplements to the ushers at the doors on your way out. We wish you, your loved ones, and our whole community a sweet, healthy, and happy New Year.



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Wednesday, September 24

**8:00 pm Erev Rosh Hashanah Service**  
*Oneg follows service*  
 Chase Park Plaza - Khorassan Room

Thursday, September 25

10:00 am **Rosh Hashanah Service**  
Chase Park Plaza - Khorassan Room

10:00 am **Alternative Service**  
CRC Sanctuary

2:30 pm **Children's Service**  
CRC Sanctuary

3:30 pm **Taschlich Service**  
Gather at CRC and walk to Murphy Lake  
in Forest Park

Friday, September 26

10:00 am **Rosh Hashanah Second Day Service**  
CRC Sanctuary

Friday, October 3

8:00 pm **Kol Nidre Service**  
Chase Park Plaza - Khorassan Room

Saturday, October 4

10:00 am **Yom Kippur Service**  
Chase Park Plaza - Khorassan Room

10:00 am **Alternative Service**  
CRC Sanctuary

1:00 pm **Study Sessions**  
Chase Park Plaza - Lindell Rooms

3:30 pm **Children's Service**  
Chase Park Plaza - Khorassan Room

4:30 pm **Yizkor and Concluding Services**  
*Break Fast snack follows service*  
Chase Park Plaza - Khorassan Room

Member Readings Are Available Online

Our High Holy Day services are enriched by the teachings shared by our members. For written copies of this year's readings, please visit the CRC website at [www.centralreform.org](http://www.centralreform.org).

## YOM KIPPUR DISCUSSIONS AT THE CHASE

1:00- Uncovering Systems of Oppression

2:15 *Facilitated by Dr. KB Frazier and Ed Reggi - The shooting death by a police officer of Michael Brown in Ferguson and the ensuing outrage and unrest has affected us all in one way or another. Instead of politics and strategy, in this session we hope to focus on the events in a Yom Kippur fashion—by searching within ourselves for hidden truths. Facilitated by CRC members Ed Reggi and Dr. KB Frazier, who have been part of a holy response in Ferguson from the beginning, we will attempt to discover together how oppression and racism touches each and all of us. We hope to experience some healing within, so we may be better equipped to bring healing to our region.*

## 2:20- Eye on Israel

3:30 *Facilitated by Rabbi Deana Sussman* - As liberal Jews, our relationships with Israel are often times complex. In recent months, these viewpoints and assumptions have been tested as our eyes turned to the tumultuous events of the Middle East. And whether we are right or left wing, secular or observant, we are all engaged in some capacity with Israel. Is Israel a Jewish State? Is it a state for Jewish people? Or, is it a country for all of its citizens? Our viewpoints may differ, but as long as we make room to hear one another, we have the opportunity for growth and change. In this breakout session, Rabbi Deana will facilitate a discussion about what Israel represents to each of us on a fundamental level.

## Law & Order: The Place of Policing in our Lives

*Facilitated by Rabbi Susan Talve and Roger Goldman* - Please join our own Roger Goldman who has devoted his legal career to fostering a police-public partnership through such efforts as state licensing of police, limitations on racial profiling and other ways to enhance police professionalism, which have the effect of protecting the civil rights and liberties of citizens. Along with Roger and Rabbi Susan will be others who have been on the front line in Ferguson as we create a safe and respectful space to reflect on what we have learned and where we go from here to bring healing to our community.

## Teachings of Reb Zalman

*Facilitated by Rabbi Randy Fleisher* - The wonderful guru, or zayda, of the Jewish Renewal movement passed away this past summer. As a tribute, or Festschrift, to Rabbi Zalman Schachter-Shalomi's wonderful, expansive, and deep teachings, Rabbi Randy will lead a study of passages from his last trilogy of books: Jewish With Feeling, Credo of a Modern Kabbalist, and Integral Halacha.

## 3:30- The Book of Jonah

4:30 *Facilitated by Michael Getty* - The book of Jonah is traditionally read on Yom Kippur afternoon, so this is a wonderful time to study this story that touches on so many of the themes of Yom Kippur. From this session you can go right to Yizkor and the dramatic Neila service that concludes the Day of Atonement.

## 5775 Yom Kippur Contemplative Dance

*Facilitated by Sarah Anne Patz* - A gentle movement structure using guided breathing and imagery will help us connect our heart's intention with movement. We will take time to find our individual narrative and respond with a dance of gratitude and forgiveness.

## MUSIC NOTES FOR 2014/5775

### Alan Freed, Choir Director

When Alan Freed joined the infant Central Reform Congregation in 1985 and asked if anyone had any interest in starting a choir, he never anticipated the growth in both the choir and the congregation that would be in evidence here at "B'nai Chase" 28 years later. What a delight! Alan's musical background includes a Bachelor of Music degree from Kent State University, and 18 years as Assistant Director of the Saint Louis Symphony Chorus.

### The CRC Choir

Alan Freed,  
Director

Leslie Caplan, Asst.  
Director

John Powel Walsh,  
Accompanist

### *Leslie Caplan, Assistant Choir Director*

Music has been the one thing in life I always 'got.' You know how you 'get' something, be it debating or baseball or painting. I always 'got' music. I love singing at CRC with Ed, Andrew, Randy, Robert, and Will. I love singing with the choir and hearing your congregational voices joining ours, seeing the joy on your faces, watching you sway and dance and get lost in the music. Thank you for being my congregation.

### *Robert Fishbone, Singer, Percussionist, Storyteller*

Besides being a member of the band at Saturday Shabbat services, Robert has been performing at CRC as Honi the Magic Circle maker for 27 years. Always one to uncover a new twist on the Rabbi's teachings, he is grateful that he has this opportunity to bring his love of world music and storytelling to our congregation, young and old alike.

### *Sara Sitzler, Cellist*

Sara Sitzler, originally from St. Louis, is an active and versatile freelance cellist in Chicago. A member of Chicago Q Ensemble and the Elgin Symphony, she also performs regularly with the Milwaukee Symphony and the Firebird Chamber Orchestra in Miami. Ms. Sitzler is founding Artistic Director of the Gesher Music Festival of Emerging Artists in St. Louis. She holds performance degrees from the University of Wisconsin and Boston University, and completed a 3-year fellowship with the New World Symphony under the direction of Michael Tilson Thomas.

### *Bob Herman, Oboe and Oboe d'Amore*

Bob Herman is the Principal Oboe of the St. Louis Civic Orchestra, the leader of the klezmer band Klezundheit, and in his spare time, an attorney.

### *Justus Matthews, Clarinet*

Justus Matthews and his wife, Barbara, came from Los Angeles to St. Louis in 2011 to be near their two darling granddaughters (i.e., Lori and Doug Becker's daughters). Before residing here, he taught music theory and composition at California State University, Long Beach for 40 years, was the Music Director and Principal Clarinetist of their New Music Ensemble, and upon retirement was awarded the rank of Professor Emeritus. In addition to his composing, he has written music and designed sound for over 100 productions at various theatres throughout greater Los Angeles, among them South Coast Repertory Theatre, West Coast Ensemble, International City Theatre, California Repertory Theatre as well as theaters at numerous universities and colleges.

### *John Powell Walsh, Accompanist*

John Powell Walsh is a St. Louis native and a graduate of Washington University with a Masters in Organ Performance. He teaches music at the Benedictine Priory School and is the owner of Stellar Arts Management, LLC [STLR.arts.com](http://STLR.arts.com)

### *Hava Polinsky, Violinist*

Hava Polinsky is a 15-year-old sophomore at Clayton High School. Hava has been playing the violin since she was five. She studies with Dana Myers, Joo Kim, and Almita and Roland Vamos in Chicago. Hava studied at Indiana University's Summer String Academy for three summers. Hava was the concertmaster of the 2014 Missouri All-State Orchestra, and is the co-concertmaster of the St. Louis Symphony Youth Orchestra. She also participates in the Community Music School Preparatory Program under the direction of Vera Parkin. Hava was the winner of the St. Louis Got Talent competition in 2011. She was also a winner of the University City Young Artist Competition in 2012 and she won Belleville Philharmonic "Stars of Tomorrow" Young Artist Competition in 2013. Hava loves the violin, and is delighted to be here today.

Janet Baum  
Melissa Bennett  
Andrew Bollinger  
Kathy Davenport  
Michael DiPlacido  
Fred Epstein \*  
Robert Fishbone  
Zoey Fleisher  
Spruce Fraser  
KB Frazier  
Amy Friedman  
Roberta Gardner  
Myrrah Gill  
Jackie Gross  
Mitch Halpern  
Jason Heisserer  
Harold Kletnick  
Natalie Litwicki  
Sarah Marx  
Stan Platke  
Shirley Poticha  
Mark Moloney  
Rene' Morency  
Georgy Rock  
Ray Slavin  
Carin Thyssen  
Debby Wafer  
Ralph Wafer  
Stuart Zatlin

\*In loving  
Memory

### *Woodwind Quartet*

Andrea Clark, Piccolo,  
Flute, Alto Flute  
Bob Herman, English  
Horn  
Justus Matthews,  
Clarinet  
Daniel Shavers,  
Bassoon

## FALL EVENTS



### *Sukkot Celebrations*

CRC celebrates the fall festival of Sukkot with a series of potluck gatherings in our Sukkah, which our members build outside our front doors each fall. Please join us to celebrate the fall harvest, wave the lulav and etrog, and grow together in community.

#### **RELIGIOUS SCHOOL SERVICE AND SUKKOT PICNIC** *Wednesday, October 8*

Students will begin their regular class at 4:00 pm. We will bring the students outside at 5:30 pm for a service in the Sukkah. Parents and members are welcome to join the service and weather permitting can bring a picnic dinner for their family to enjoy under the sukkah. Parents with questions contact Essie Mitchell at [Essie@centralreform.org](mailto:Essie@centralreform.org).

#### **TRIPLE CHAI PLUS SUKKOT CELEBRATION** *Friday, October 10, 5:30 pm*

Are you age 55 or over? Please join us to celebrate Sukkot with a potluck dinner/discussion. We will then attend the Sukkot Friday night Service. Please RSVP to Anita Wilson at [anita63146@yahoo.com](mailto:anita63146@yahoo.com) or Claire Hyman at [Claire.j.hyman@sbcglobal.net](mailto:Claire.j.hyman@sbcglobal.net).

#### **LGBT SUKKOT CELEBRATION** *Saturday, October 11, 6:00 pm*

Our group continues and grows! Please join us for a potluck dinner to celebrate Sukkot (weather permitting) in our Sukkah. Please join Maggie Duwe for fun and learning. And the food is always great! Please RSVP to Maggie at [maggie@centralreform.org](mailto:maggie@centralreform.org).

#### **SINGING IN THE SUKKAH** *Sunday, October 12, 7:30 pm*

Join Rabbi Randy, Rabbi Deana, and many of our wonderful CRC musicians for a great song session in the Sukkah. We'll keep the campfire going; you bring instruments, your favorite songs, a joyful spirit, and s'more supplies to share.

#### **WOMEN'S SUKKOT EVENT** *Monday, October 13, 6:00 pm*

Back by popular demand, we are pleased to host the women of CRC for a night of friendship and food in the Sukkah with Rabbi Susan and Rabbi Deana. Please bring a dish to share. RSVP to Leah Greenbaum at [leah@centralreform.org](mailto:leah@centralreform.org).

#### **MEN'S SUKKOT DINNER**

*Tuesday, October 14, 6:00 pm*

Come join us for a festive meal celebrating the season of Sukkot. We will meet in our wonderful CRC sukkah, learn and study with Rabbi Randy, and share good times and a delicious potluck dinner. Please bring a main dish to share and wine or non-alcoholic beverage of your choice. Spread the word! RSVP to Michael DiPlacido at [mgdivemaster@sbcglobal.net](mailto:mgdivemaster@sbcglobal.net).

### *Yizkor Service*

*Thursday, October 16, 8:00 am*

The central aspect of this service is sharing a brief memory of the loved ones we come to remember. It becomes a wonderfully moving and emotional service—a rather intimate space so people have a chance to speak about their loved ones. You may remember any loved ones, not just those who died in this past year. A circle of love envelops everyone who attends this service.

### *Simchat Torah Celebration and Service/Religious School Open House and Consecration*

*Saturday, October 18, 10:00 am*

Please join us for one of the most amazing Jewish experiences you will ever have as we unroll the Torah and celebrate! We will also formally welcome our kindergarten and new students to the CRC Religious School community in a ceremony where they will receive their very own Torah scroll.

We are so excited to announce that the service will also feature a performance by the band *Klezundheit!*, which has performed at CRC for every Simchat Torah since 1999. *Klezundheit!* has also performed on KFUO's radio show "Live from the Garden," and has played concerts and church services at various locations around St Louis, most memorably a Lutheran Mass with all Klezmer music. We have performed two concerts in Asuncion Paraguay, and will be performing at the international "Music in the Mountains" festival, January 2015 in Posos de Caldas, Brazil. *Klezundheit!* is directed by Bob Herman, and features Paul Wexler on clarinet, Tom Bruce on trumpet, Paul Huppert on violin, Bob Miller on trombone and Leon Burke, vocals.

## YOM KIPPUR SWAB DRIVE

CRC has partnered with the Gift of Life Bone Marrow Foundation, The Religious Action Center of Reform Judaism, and the other reform synagogues in St. Louis and across the country to bring an exciting and unique opportunity to help save lives. On both Kol Nidre and Yom Kippur, we will be holding a swab drive to help collect potential bone marrow donors.

Potential donors will be entered into the bone marrow registry. From the time you join the registry until your 61st birthday, you could be a donor for someone suffering from a life-threatening blood disease and help save their life. Registration is simple. It requires a quick cheek swab and completion of a consent form. Potential donors must be between the ages of 18 and 60 and in general good health.

### WHAT SHOULD YOU KNOW ABOUT BECOMING A DONOR?

Becoming a bone marrow or stem cell donor is a serious commitment. To help you make the right decision, please read the following:

**What will happen if I am a match for the patient?** You will be contacted by a Gift of Life representative and asked to give a blood sample. This will help the transplant center determine if you are the best possible match for the patient. If so, you will be counselled on the donation process. You will also be screened to make sure you are medically eligible and that your donation poses no risk to the patient. If all goes well, you will be asked to donate bone marrow or stem cells.

**How is bone marrow collected?** Bone marrow is found in the hollow cavities of the body's large bones. It is withdrawn from the pelvic bone in an area called the iliac crest. The procedure is done in a sterile hospital operating room with needles and syringes under either under general or regional anaesthesia. Marrow regenerates quickly within four to six weeks. Donors should anticipate taking a few days off after the procedure to recover.

**How are peripheral stem cells collected?** In order to increase the number of stem cells in the blood, donors are given injections of a medication called Filgrastim. Stem cells are collected through a procedure called apheresis, which requires a needle to be placed in each arm. Blood is removed from one arm, processed through a cell-separating machine where stem cells are collected, then returned to the donor in the other arm. The collection lasts up to five hours over the course of one or two days.

**What information will I be given about the recipient?** The donation process is anonymous. The only information you will receive is the recipient's age, gender, and diagnosis. In some cases, donors and recipients are permitted to meet one year after the transplant. Patients' religious or ethnic backgrounds will not be disclosed.

**Important Reminders:** You may be a match for ANY patient. The donation process is anonymous. Donation requires a time commitment of up to 40 hours. Follow up steps involve needles. You must be between 18 and 60 to register.

## THANK YOU FOR PARTICIPATING IN CRC'S YOM KIPPUR SWAB DRIVE.

## EVENTS AND ANNOUNCEMENTS

### *Stay In Touch with CRC*

The best way to keep up with all of the holidays, education programs and social responsibility opportunities at CRC is to join our e-mail list. To sign up, go to [www.centralreform.org](http://www.centralreform.org) and follow the link on the bottom left.

### *CRC 30<sup>th</sup> Anniversary Shabbat Service and Bash*

**Saturday, September 27, 10:00 am for Service, 6:30 pm for Birthday Bash**

Right between Rosh Hashanah and Yom Kippur, the period of time we call the Days of Awe, our sacred community will come together to celebrate thirty years of being a Jewish presence in the City of St. Louis. At our morning service, we will hear from Rabbi Ed Harris (visiting us from his new California home), a founding member, about his perspective on the role and history (so far) of CRC. There will be an especially sweet oneg to follow. Then, that evening, CRC will host a very special 30th birthday bash. This event is a fundraiser to help ensure we continue making an impact on individuals, the larger Jewish community, and society at large. The party will begin at 6:30 pm and include a special candle lighting ceremony, dinner, dancing, auction and more! We hope as many of you as possible will join us for one or both of these special celebrations. Mazel Tov to us all on 30 years!

### *Contribute to Our 18<sup>th</sup> Annual Chicken Soup Drive*

**Saturday, September 27, 10:00 am – 12:00 pm**

Help the Mitzvah Corps collect and store your home-made chicken soup. We will freeze it for CRC families in need of a little something warm, nutritious and delicious. Put your chicken soup in a plastic container (which will not be returned to you). Label it with your name, date and ingredients and how many it will serve. Vegetarian soup is also needed. Bring your soup to Aly Abrams at the CRC front door on Saturday, September 27 between 10:00 am and noon. Questions? Contact Aly at (314) 727-6221 or [aly.abrams@gmail.com](mailto:aly.abrams@gmail.com).

### *Weatherization 2014*

**Wednesday, December 3, 6:00 pm Materials Prep**

**Saturday, December 6, 12:00 pm Materials Prep**

**Saturday, December 13, 12:00 - 4:00 pm – South City**

**Sunday, December 14, 12:00 - 4:00 pm – North City**

As one of Central Reform Congregation's longest community partnerships, we have been helping weatherize in the Grace Hill neighborhood since 1990. Work with a team of other community volunteers to place plastic on interior windows of select area resident homes to keep our neighbors warm this winter. This year we will focus on elderly residents within the Grace Hill service area.

Last year we added a community garden project in Peace Park, which was a great success. We cleaned and secured the beds for winter so they were ready for spring planting. No special skills are needed, so please bring your friends or family (12 and older) and join us for this worthwhile project.

Contact: Marcy Brodsky, (314) 302-8957 or [marcy.brodsky@aon.com](mailto:marcy.brodsky@aon.com) to volunteer, for questions or directions (map will be provided).

### *Social Responsibility Shabbat with Donna Pupillo from Faith Nurses*

**Friday, October 17, 7:30 pm**

**During Friday Night Kabbalat Shabbat**

We are pleased to welcome Donna Pupillo, Executive Director of Deaconess Faith Community Nurse Ministries, who will speak at our October Social Responsibility Shabbat about the urgency of passing Medicaid expansion in Missouri.

In her work as a registered nurse, she has committed to care for low-income adults and children, especially helping them get the health care resources they need. She has been a public health nurse and recently served as a nurse at the Drop in Center for the United Way in Ferguson.

## EVENTS AND ANNOUNCEMENTS

### *Be a part of the CRC Mitzvah Corps!*

The CRC Mitzvah Corps is at the heart of CRC's caring community. Dedicated to nurturing, connecting, and healing our community, Mitzvah Corps volunteers quietly respond to the needs of CRC members. Interested in getting involved? *Here's how you can help....*

#### **Let Us Know Who May Need the Mitzvah Corps**

We all know how difficult it can be to ask for help. So, if you know of a CRC member who could use a little support or a gesture of thoughtfulness, let us know. *Call our voicemail at (314)361-1564, ext. 313 or email us at [crcmitzvahcorps@gmail.com](mailto:crcmitzvahcorps@gmail.com).* A volunteer will appropriately follow-up with the family in need. Our volunteers understand and respect the importance of confidentiality.

#### **Become a Mitzvah Corps Volunteer**

We rely on our CRC community to take care of each other. Mitzvah Corps volunteers may get called occasionally to respond to a need such as taking soup from the CRC freezer to someone who's ill, congratulating a family on the birth of a baby with a dinner or balloons, or providing a meal to a family who has lost a loved one.

#### **Join the Mitzvah Corps Listserv**

While volunteers are most often contacted directly to see if they can fulfil a need, sometimes there is an urgent or ongoing need for assistance. On these occasions, we will post how you can help on our listserv. A listserv is an e-mail group in which messages are sent to everyone on the list. Participants have the option to respond or not. Please note that no names or personal information are included. This vehicle is used occasionally by Mitzvah Corps....we promise, no deluge of emails.

#### **Contribute to Our Annual Chicken Soup Drive**

Every September, we collect homemade frozen soup, distributed throughout the year to families in need of a little TLC. However, we need and graciously accept soup, year-round.

*Please complete and return the interest survey on the next column to CRC, 5020 Waterman, St. Louis, MO. 63108, ATTN: MC.*

*With gratitude,*  
Paula Kessler, Debbie Polinsky, Susan Spiegel, and  
Debby Wafer, CRC Mitzvah Corps Co-chairs

Name \_\_\_\_\_

Address \_\_\_\_\_

E-mail address \_\_\_\_\_

Phone number (h) \_\_\_\_\_ (c) \_\_\_\_\_ (w) \_\_\_\_\_

How do you prefer to be contacted  
(in order of preference)?

☐ e-mail ☐ cell phone ☐ home phone ☐ work phone

☐ Invite me to be a part of the listserv (the Mitzvah Corps e-mail group), my email address is listed above.

Approximately how often would you like us to call on you?

☐ once/year ☐ twice/year ☐ monthly ☐ quarterly

☐ as often as you need me

What Mitzvah Corps activities would you enjoy doing?

☐ cooking

☐ baking challah

☐ creating &/or delivering hospital care packages

☐ staying at someone's house during a funeral

☐ assisting with a Shiva

☐ visiting hospital, nursing home, and/or elderly

☐ making soup

☐ blessing buddy program

☐ other ideas? \_\_\_\_\_

Thanks!

Please return completed form to CRC,  
5020 Waterman, 63108, Attn: MC



## JOINING OUR COMMUNITY

Are you currently looking for a spiritual home? Would you like to be part of our Sukkat Shalom, our Shelter of Peace? Are you looking to become a part of a dynamic, diverse, passionate community of more than 750 households? Then CRC might just be the place for you. We would love to have you as a member!

Our members are at the center of CRC in every way: our joyful Shabbat and holiday services, lifecycle events, our comprehensive education programs (for both children and adults), and our social justice programs. CRC is the only synagogue in the City of St. Louis, and we will continue to be fully present for one another, and will continue to be committed to remaining in the City. Inclusiveness is one of our most deeply held values. We seek equal roles for men and women and welcome members of interfaith backgrounds, Jews by choice, Jews of color, members of the LGBTQ community, singles, and people of all ages. We understand that you may have many questions before making a commitment to membership. This High Holiday supplement contains a lot of information about our community, but there is no substitute for coming and experiencing CRC for yourself. Our Sukkat Shalom is open to you. We encourage you to attend Shabbat services, other holiday celebrations, and educational programming. The more you experience, the more you will see our core values at work, and it will be clear if CRC is the right fit for you.

Please join us for a CRC membership informational coffee on Sunday, October 26 at 11:30 am. Please RSVP to Joy at (314) 361-1564, ext. 109 or [joy@centralreform.org](mailto:joy@centralreform.org).

If you would like more information about becoming a member of CRC, please contact Lori Becker, Vice President of membership at (314) 954-4364 or [lorithea@gmail.com](mailto:lorithea@gmail.com).

The following page offers a brief description of the engagement opportunities available to CRC members.



Photo Courtesy of Lisa Mandel

## ENGAGE WITH CRC

CRC has a long rich tradition of active member participation in a broad range of activities. For a more detailed description of these activities, please visit [www.centralreform.org/engage](http://www.centralreform.org/engage), and let us know how you would like to get involved!

### Social Action and Acts of Kindness

Contact: Jennifer Bernstein (314) 361-1564, ext. 117  
or [jenniferb@centralreform.org](mailto:jenniferb@centralreform.org)

Tikkun Olam Steering Committee  
Blessing Buddies  
CRC Food and Clothing Pantry  
Weatherization Program  
Room at the Inn  
SLU Pediatric Clinic Readers  
Ballot Initiatives  
Hunger Programming  
Fair Food Issues  
Healthcare Advocacy  
Joint Venture  
Mitzvah Corps  
Lobby Days in Jefferson City

### Inclusivity and Diversity

Contact: Jennifer Bernstein (314) 361-1564, ext. 117  
or [jenniferb@centralreform.org](mailto:jenniferb@centralreform.org)

LGBT PrideFest and Parade  
LGBT Seder  
Jews of Color  
Jews by Choice  
Interfaith Couples

### CRC Circles/Committees

Contact: Jennifer Fishering (314) 361-1564, ext. 101  
or [jen@centralreform.org](mailto:jen@centralreform.org)

Development/Fundraising  
New Member  
Communication  
Nominating  
Finance  
Technology

### Religious Events and Spirituality

Contact: Jennifer Fishering (314) 361-1564, ext. 101  
or [jen@centralreform.org](mailto:jen@centralreform.org)

Sponsor an Oneg  
Jewish Holidays and Shabbat  
Choir

### Social Activity Across the Ages

Contact: Jennifer Fishering (314) 361-1564, ext. 101  
or [jen@centralreform.org](mailto:jen@centralreform.org)

Tot Shabbat  
Triple Chai Plus (for ages 55 and up)  
Annual Retreats  
Movie Series  
Baskets – Purim, Baby Naming, Grief  
NFTY/CRFTY Youth Group  
Challah Baking Circle  
High Holiday Honey Cakes  
Next Dor

### Youth Education

Contact: Essie Mitchell (314) 361-1564, ext. 118  
or [essie@centralreform.org](mailto:essie@centralreform.org)

Rainbow Program (Newborn – age 4)  
Shabbat School (Pre-K – 2<sup>nd</sup> Grade)  
Religious School (3<sup>rd</sup> – 6<sup>th</sup> Grade)  
Sunday Teen Program (7<sup>th</sup> – 10<sup>th</sup> Grade)  
Room Parents  
Religious School Advisory Board

### Adult Education

Contact: Rabbi Deana Sussman (314) 361-1564,  
ext. 113 or [deana@centralreform.org](mailto:deana@centralreform.org)

Tuesday Night University Series  
Basic Judaism  
Lunch and Learn with the Rabbis  
Mussar  
CRC Historical Archives  
Hebrew  
Friday Afternoon Torah Study  
Saturday Morning Torah Study  
60 Mitzvahs with Will Soll  
Chanting  
CRC Library  
Trips/Travel with the Rabbis

## **The Creation of the Word 5775**

We are entering the year 5775  
Since the Creation of the Word as we reckon time  
Corresponding to 2014-15 in the World of events --

The movement in mud the door opening from Dalet  
Dalet 5774 to Hey 5775  
The elusive Hey.

Hey who represents five  
The Five Books of our Wisdom  
And the Hand

By the Poet-King David  
The works of our hands  
What we Do in the world.

O holy passage way that delicate opening  
Up in the Hey that distinguishes it from the  
Chet that only opens Down.

In that small slip in the letter  
The opening Up  
The saving difference.

The opening Up  
Searching for it every day  
Everywhere

In this year of difficulties  
The future an opportunity to clean up  
The legion of mistakes inherited from the past.

Oh Past oh narrowing hey  
Open up that slip I am dreaming  
Through it --

My eyes looking for sky  
My feet walking onto unfamiliar ground  
The earth giving way it is not nearly as solid

As it was before the many  
Disappointments of the past  
Honest difficult Year.

New year  
Possibilities  
I am done with the old Ways.

Slip through that opening in the hey  
Climb up into it and through it --  
Sky like blue under throne of Glory.

Moon of Tishrei  
This year  
Something new.

*- Rabbi James Stone Goodman*



Photo Courtesy of Lisa Mandel