

Heska Amuna Synagogue
High Holy Days
and Fall Holidays
(plus special programs & events to look forward to)

5785/2024-2025



Honoring Our Traditions
Navigating New Ways
To Preserve and Build
Our Sacred Community



Dear friends,

It is my pleasure to greet you for the New Year of 5785.

The Talmud teaches us a beautiful statement about what it means to be true to ourselves. It says that that a person who has the status of ba'al keri - a form of ritual impurity - must purify himself with a certain amount of water if he intends to learn Torah that day. However, if he intends to teach as well as learn, he must use extra water. This is a reminder of the extra responsibility that teachers have for their students. Teachers must be true to themselves and all they meet --and for that, they deserve our admiration.

But in a sense, we are all teachers - role models for the people we encounter. So our challenge is to live with personal integrity not only for our sake, but for the sake of the many who look to us for guidance, for every day, we can provide another lesson.

During this year's High Holidays, I look forward to teaching and being taught by all of you. I hope to get the chance to speak with as many of you as possible so that we can deepen our relationship in the coming year and learn from one another.

Wishing you and yours a new year of health, happiness, and peace.

-Rabbi Adam J. Rosenbaum



Welcome to Heska Amuna's 5785 High Holiday services.

Davening at Heska Amuna has always been my favorite way to spend the High Holy Days. I've spent a number of years doing various other work at other shuls, and nothing ever seems to compare to the satisfaction I get from leading services at the congregation that helped to raise me. Not everyone is able to return to their childhood congregation as an adult and be welcomed by people who not only watched them grow up (and sing, and give recitals), but who knew their parents and grandparents, as well. No other congregation can replicate that feeling of having known and embraced my family for generations, being there when my own grandparents cannot, and supporting me through countless milestones. It's an experience I never take for granted, and I look forward to sharing the holidays with you again this year.



Rachel Brown, Shaliach Tzibbur

You are always welcome at Heska Amuna. Whether you are a first-time attendee, an old friend returning, or a long-time regular, we are always happy to see you. We are very grateful you have chosen to celebrate this year's High Holidays with us.

The Holidays are a special time of year, when we reflect upon the year that has closed, and commit ourselves to what we want to be and do in the year ahead. I hope that you find these days to be particularly meaningful and that Heska Amuna can help you to find them so.

I hope that together this year we may celebrate Judaism, celebrate our Jewish holidays, celebrate Heska Amuna, and celebrate each other in our joys and sorrows, through our annual cycles, and through our life cycles. Let us know how we can make a place for you in such a celebration.

May you end 5784 better than you began it, and may the world be better because you are in it. Thank you for joining us this year. May we grow and find fulfillment, and may we help you to do so as well.



Mark Siegel, Chair of the Board of Trustees

All services (except S'lichot, the Cemetery service, and Tashlich) will be held in-person at the synagogue and also streamed. To join us online, go to our homepage at www.HeskaAmuna.org.

S'lichot

Saturday, September 28, 8 pm. Gilya Schmidt and Rabbi Cantor Raina Sirotky will lead our joint service to be held at Temple Beth El. Temple Beth El will be streaming this service from their website, tbeknox.org.

Rosh Hashanah

Erev Rosh Hashanah, Wednesday, October 2, 6 pm

First Day of Rosh Hashanah, Thursday, October 3, 9:30 am

- Children's Services starting at 10:30 am
- Torah Service, approximately 10:45 am
- Tashlich, Thursday, October 3, 5 pm

Rabbi Rosenbaum will lead Tashlich followed by *Mincha on the River*. (Mincha is a short, afternoon service). Location: Sequoyah Park. From Kingston Pike, the park is located 1.5 miles on Cherokee Boulevard. This area of the park is fully accessible with little distance to the water.



Note: This year, experience a “reverse tashlich” - instead of using bread or other items that might unintentionally harm the river or its inhabitants, we will offer environmentally-friendly materials that will not degrade the river but will still offer us the opportunity to symbolically cast away our sins. **(Rain date, Friday, Oct. 4, 3 pm)**

Second Day of Rosh Hashanah, Friday, October 4, 9:30 am

- Children's Services starting at 10:30 am
- Torah Service, approximately 10:45 am
- Community Rosh Hashanah Lunch following services, sponsored by the Bernstein Family

Cemetery Service AT THE NEW JEWISH CEMETERY

Sunday, October 6, 11 am. A joint service with Rabbi Cantor Raina Siroty from Temple Beth El and Rabbi Rosenbaum.

Kol Nidre

Friday, October 11, 6 pm beginning with a musical prelude by Michael Soloway.

Yom Kippur

**Saturday, October 12, Morning services,
9:30 am**

- Children's Services starting at 10:30 am
- Torah Service, approximately 10:45 am
- Yizkor, approximately 12:15 pm

Afternoon Break

- ◇ Join us for a discussion of the *Book of Jonah*. Led by William Thompson, we will consider universalist themes of Jonah and lessons it may have for us in our modern, pluralistic world.
- ◇ A meditative walk will follow the study session.
- Mincha, 5 pm followed by Neilah, Ma'ariv, and Havdalah
- We invite everyone to join us for our Break-the-Fast

Sukkot

**Morning services, Thursday and Friday,
October 17 and 18, 9:30 am**

**Family Friendly, Traditional Shabbat with
kiddush in the Sukkah**

Saturday, October 19, 9:45 am

Are you tall or creative or love to put things together and take them apart? Help build our Sukkah. All ages, abilities, and heights welcome. For date and time, text Sukkah-builder organizer **Mike Glasman** at 865-805-2370.



Shmini Atzeret and Yizkor

Morning service, Thursday, October 24, 9:30 am

Simchat Torah

Simchat Torah evening service and celebration of the **Bar Mitzvah of Nathan Johnson**, son of Helene Sinnreich and Wesley Johnson Jr., **Thursday, October 24**; dinner at 6 pm, services begin at 7 pm. If you would like to join us for dinner or services please RSVP to the office by October 7.



Come dance with the torah to the music of **Dor' L' Dor** and celebrate with Nathan.

Simchat Torah morning service and celebration of our **Hatnei Torah, Mark Siegel and Doug Weinstein**, and our **Kallat Torah, Rivka Soloway**, **Friday, October 25, 9:30 am** followed by a festive kiddush sponsored by Helene Sinnreich and Wesley Johnson Jr.

We honor **Mark and Doug** for the many years they have kept our services streaming online so magnificently. You will find one of them (or both) in the control room every Shabbat ensuring our services online are well orchestrated. And what can we say about Rivka? To know her is to love her. We celebrate **Rivka** for her enriching and lively teachings and her infectious (in the best sense of the word) and endless energy she continually brings to us on Shabbat and holidays.
Today rabah.



≡ CHILDCARE & YOUTH PROGRAMMING ≡

The Youth Education Committee & Heska Amuna Women's League will offer engaging family-friendly children's services, activities, and childcare for members & guests. Costs are offset by a generous donation from Women's League. Todah Rabah/Thank you Women's League.

Please RSVP by Sept. 27 to the office (Admin@HeskaAmuna.org) / (865) 522-0701 if needing childcare or attending services.

Families and friends: Please join us for the High Holy Days. We'll be providing children's services and childcare on both days of Rosh Hashanah and Yom Kippur. For all days, childcare will start at 9:30 am and end at 2:00 pm. Children will have supervised activities and be served a snack, too.

We are providing childcare for preschoolers through 6th graders. Older students are invited to attend services with their parents, but if they need a break, we will have a supervised "teen room" on the top floor hallway.

Your RSVP for childcare and attending children's services helps in our planning so please RSVP **by September 27**.

SERVICES FOR PRESCHOOLERS TO AGE 5:

(Parents with infants and toddlers are welcome, too) 10:30-11 am

SERVICES FOR GRADE SCHOOLERS (6 TO 10 YEAR OLDS): 11:30-12:15 pm

PRE-TEEN AND TEEN DISCUSSION: 11:15-12 pm

≡ ROSH HASHANAH ≡

First Day of Rosh Hashanah, Thursday, October 3

Second Day of Rosh Hashanah, Friday October 4

≡ YOM KIPPUR ≡

Saturday, October 12



HESKA AMUNA'S Women's League

Learning Throughout Elul

Join us for study as we prepare for the year ahead. Following kiddush each Shabbat in September, Heska Amuna Women's League will be offering short learning sessions in an interactive Elul learning program. Readings will be selected from the *Jewish Review of Books High Holiday Companion*. Topics for each Shabbat will be announced in Heska Amuna's weekly newsletter, Nu News, and will be posted at www.HeskaAmuna.org. Join us for this special time to consider your *cheshbon hanefesh*, (a little soul searching).

≡ YIZKOR MEMORIAL BOOK ≡ Book of Remembrance

Heska Amuna Women's League creates a Yizkor Book for congregants to use at all the Yizkor services during the year. It is a lovely way for people to honor and memorialize loved ones and to support our Synagogue.

A portion of the funds raised are earmarked for childcare costs during the High Holy Days and a portion is donated to the cemetery fund.

Suggested donations are by the number of lines included in your memorial. A customized full page is also available.

1 Line	2 Lines	3 Lines	4 Lines	5 Lines	6 or more Lines	Full Page
\$18	\$30	\$40	\$45	\$50	\$55	\$125

Deadline to provide content: **September 18**. For more information, please contact **Peggy Littmann** (865)776-1013, plittmann@comcast.net or **Dahlia Smith** (785)342-6611, dahliajsmith@gmail.com



Heska Amuna Women's League

A Bounty of Programs Ahead

During the month of Elul, Women's League will hold a *New Member Gala* on **September 29**. Join us as we welcome our many new members at Heska Amuna. Not a member? This is the perfect time to hop on board.

During Elul, also keep an eye on Nu News about your chance for having one of those highly-coveted Annual Parking Places, a great place to park and support Women's League at the same time.



A recent survey of members provided a road map for the coming year. In 5785, look for monthly activities covering a wonderful array of topics we gleaned from the survey input. In addition to our monthly **Rosh Chodesh** events with women from all across the community, opportunities you won't want to miss will

include Mah Jong classes, an art group working on water colors, and a women's giving group. We are also working on shared educational experiences. Stay tuned for dates and times.

Thank you to Lynn Fuson who is gathering information for our ongoing *Women at Heska Amuna History Project*. Each month we will have displays in the lobby of Heska Amuna (and online, too) that will highlight our special leaders whose contributions are most noteworthy.



As part of this project, Women's League will be purchasing new prayer books for Shabbat and each will be dedicated to one of our past presidents of Sisterhood and Heska Amuna Women's League.

We wish you all a great holiday; may the New Year be filled with peace and personal growth.

Barb Levin and Dahlia Smith
Heska Amuna Women's League Co-Chairs



In Appreciation

We are most grateful for our congregants whose participation in reading Torah, chanting our haftorot, S'lichot, and Ne'ilah prayers contributes so much to our High Holy Day services. At press time, our readers include **Gilya Schmidt, Josh Gettinger, Pat Messing, Rivka Soloway, Stephen Nagler, Scott Hahn, Laura Floyd, Eli Robinson, and Ken Brown.**

Special thanks for our bimah flowers: to **Scott Hahn**, given in memory of his grandparents, Selma and Herbert Smullian, and his mother, Terry Hahn (Yom Kippur) and to the **Zelda & Miles Siegel Flower Fund** (Rosh Hashanah). Zelda and Miles were the parents of Sherry Siegel, Mark Siegel, Peggy Loflin, and Cindy Shepler, *z'l*.

Thank you to **Frank, Laura, and Elizabeth Floyd** for the always-perfect Break-the-Fast you create for our entire community.

Thank you: **Marilyn and Lenny Burnett** for providing apples and honey on the first day of Rosh Hashanah for us to start the new year sweetly, given in memory of Sidney, Yetta, and Adrian Burnett; and **Barbara Bernstein** for sponsoring our community lunch on the second day of Rosh Hashanah in memory of our beloved Bernie Bernstein who for so many years chanted the haftorah on Rosh Hashanah for us. *May all of their memories be for a blessing now and always.*

Parking

Please note that the entire top level of our parking lot is reserved for those who need to park closest. We do not require a handicap sticker to park on this level but ask you to be considerate of others when parking.

We are grateful to our neighboring church partners who have allowed parking for us:

Laurel Church of Christ, 3457 Kingston Pike

- The first day of Rosh Hashanah, Kol Nidre, and Yom Kippur

Knoxville First Seventh-Day Adventist Church, 3611 Kingston Pike

- The first day of Rosh Hashanah (upper parking lot only as they have school this day)
- Kol Nidre
- No parking on Yom Kippur as they also have Saturday services

Please contact the office if you are in need of a ride to or from any of our High Holy Day or other services, programs, or events.



Come Relax With Us

Outside Beautification - The Butterfly Bush. Flowers are in bloom and butterflies abound in purple butterfly bushes - thanks to member donations, the gardening prowess of **Marilyn Burnett** and **Pat Rosenberg**, and the help of Facilities Vice Chair **Doug Weinstein**. The gardens have been enhanced with ornamental grasses, rocks, and beautiful, creative signage identifying donors of specific flower beds - perfect for lovely strolls or moments of contemplation.

Come Shop With Us

Hiddur Mitzvah: Jewish tradition recognizes and encourages the addition of an aesthetic dimension. Beauty enhances the mitzvot by engaging our senses. Beautiful sounds, agreeable fragrances, tastes, textures, colors and artistry all contribute to our enjoyment of religious acts, and beauty itself takes on a religious dimension. This principle of enhancing a mitzvah through aesthetics is called *Hiddur Mitzvah*.

Visit our **Heska Amuna Women's League Judaica Shop** to enhance your Shabbat, Holiday and home observance. We have beautiful items handcrafted by Jewish artisans from Israel and the U.S for ritual observance and gift gifting, furthering *Hiddur Mitzvah*. Proceeds of the Judaica Shop go to beautify our synagogue.



Hours: Monday - Friday 10 am - 4 pm or by appointment. Please call **Melissa Sturm** at (865)522-0701 to schedule.



GROW THROUGH LEARNING

Fall and Winter Programs Around the Corner

Learn to Blow the Shofar with Ken Brown—Sunday, September 29 at 12:30 (in the synagogue courtyard, weather permitting)

Ken will be offering lessons once again for this not-to-miss opportunity to learn one of life's greatest skills to blow your own horn. We invite children of all ages and families to join the fun. (We will have a few extras if you don't have one). Please send us an email if you plan on learning with us: RRS@HeskaAmuna.org

Classes for Studying Pscintilating Psalms, Weekly Lunch and Learn, those Considering Conversion, and more...

Rabbi Rosenbaum offers classes on a range of topics of interest to our congregants and individual learning opportunities for those interested in conversion. Classes meet in-person when Rabbi is in Knoxville and via zoom at other times. For more information, contact Rabbi at RabbiRosenbaum@HeskaAmuna.org.

Hebrew Classes

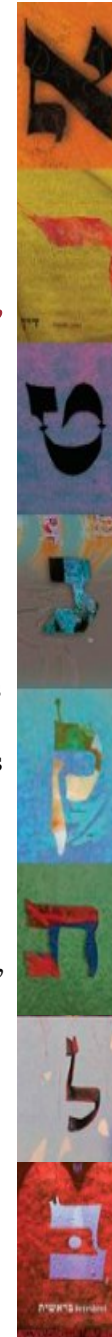
Would you like to learn or become more fluent in Hebrew? Classes are ongoing for **Prayerbook Hebrew**, **Learn to Read the Hebrew Letters**, and **Hebrew Conversation**. A new **Prayerbook Hebrew** class will be beginning late September. Leave your contact information with the office and we will get back with you and try to find a class and time that works for you.

Talmud Chat with Jack Love and Raphe Panitz

Wednesdays, 7 pm, following the 6:30 minyan. The Talmud is studied, a page a day, by Jews worldwide. This discussion provides a stimulating and fun way to learn Jewish history, culture, Hebrew, Aramaic, and rabbinic thought. Reach out to Jack for more information: JackLove@yahoo.com

Teen and Adult Bar/Bat Mitzvah Classes and Tutoring Learn to Chant a Haftarah, Read Torah, Lead Services

The Rabbi and Religious Services Committee is always delighted to offer 1:1 tutoring and/or small group classes to support lifelong learning. Contact RRS@HeskaAmuna.org to explore your learning pathways.



Southern Schmooze

at Ramah Darom

Join our congregation in the North Georgia mountains for a fun-filled weekend together and a chance to schmooze with other Jewish communities from around the Southeast.



Jan 31-Feb 2, 2025



Learn more at ramahdarom.org/schmooze

Watch for more details in Nu News and on our website.

Interested in joining us? Let us know at RRS@HeskaAmuna.org

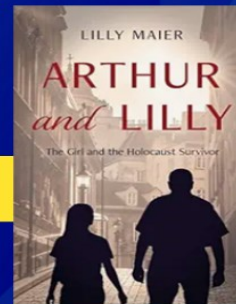
Stay tuned via Nu News for details on upcoming Fall and Winter programs and a spectacular Hanukkah Celebration. If you are not receiving Nu News, our weekly e-newsletter, just contact the office.

Sunday, November 3 12:30 - 1:30 PM

Join us for a zoom-only event with author

DR. LILLY MAIER

What does a 75-year-old Los Angeles rocket engineer and an 11-year-old Austrian schoolgirl have in common?



Hear from the author about this exciting true Holocaust story that changed two lives forever.



Zoom Link at HeskaAmuna.org

Presented by Heska Amuna Synagogue and the Knoxville Jewish Community Family of Funds/Merrell Family Fund



Volunteer to Support the Heska Amuna Remembrance Project

Placing a stone in the cemetery...a simple task, a profound meaning. We invite you to participate in a new program to place stones on the monuments of people in our Heska Amuna cemetery whose yahrzeits occur each month. We place stones for those we grieve, but many of us also feel a sense of responsibility to place stones for those in our cemetery who may no longer have anyone here who can perform this kindness. We are asking volunteers to take on this mitzvah for an upcoming month which takes around an hour. We have a cemetery map to guide you to those to be remembered.

Thank you to **Robin Brown** and **Janet & George Iversen** who volunteered to place stones during the first months of this project and to **Mark Siegel** for volunteering for a month later this year. Every month needs a volunteer. You can go at your convenience once during the month or divide the task over several visits. Take a friend with you to share in this mitzvah. We can accompany you to help you, too. To sign up for an upcoming month, contact **Mary Ann** at RRS@HeskaAmuna.org. *Today rabah.*



Shabbat and Holiday Celebration Coming in the Year Ahead

Teen-led/Camp-kids led Havdalah ♦ Friday Night Kabbalat Shabbat and Dinner ♦ The Return of Rivka Soloway's Pink Pony Players (*of 5784 Purim Shpiel and Seder fame*) ♦ *and more...*



R&RS, Youth Education, and Programs committees offer family-friendly, fun-friendly Shabbat, holiday, and everyday programs. Have a knack for acting, singing, dancing, cooking, planning, great ideas you've been sitting on for too long? *Join the joy.*

JOIN US FOR SHABBAT (in-person and on Zoom)

Friday night Kabbalat Shabbat services led by Jack Love and Rabbi Rosenbaum, 6:30 pm (in-person and zoom, schedule varies)

Traditional Shabbat services led by Rabbi Rosenbaum and R&RS
(with Torah Readings, Haftorah, and D'var Torah)
1st and 3rd Saturdays of the month, 9:45 am

Contemporary and Shabbat in the Round services led by Rabbi Shush Carson and Debbie and Sarah LaFetra (guitar with traditional and modern melodies)
2nd and 4th Saturdays, 10 am with special learning activities for children

Learner's Shabbat led by Rabbi Shush and R&RS
Explore prayers & rituals in a hands-on, interactive service
5th Saturday in a month, 10 am

Weekly Shabbat Text Study (in-person only)

9:15 am in the Heska Amuna Library led by William Thompson
Every Shabbat morning we host a study group of various Jewish texts. In the past we have studied *Pirkei Avot* and *Tanya, the Masterpiece of Hasidic Wisdom* by Rabbi Rami Shapiro. We are now doing a chapter by chapter discussion of the biblical book of Isaiah. Join us for engaging discussions of inspiring sacred texts.

Weekly Minyanim (zoom only)

Tuesday, 8 pm led by Michael Burnett

Wednesday, 6:30 pm led by Jack Love

before Talmud Chat with Jack and Raphe Panitz at 7 pm

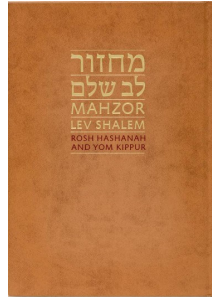
2nd and 4th Thursdays, 7 pm Musical Ma'ariv of Comfort and Healing led by Rabbi Shush to pray for loved ones, near and far, ourselves, our world

Shalom Friends, and Welcome to Heska Amuna Synagogue.

Please join us for our Contemporary Services as we open our hearts and souls, connecting to our divine spark through the power of music and song. Contemporary services are held the second and fourth Shabbat each month. The melodies we share uplift us, guiding us on a journey of reflection, renewal, and peace. Together, let us embrace the spirit of these Holy days, allowing the music to lead us closer to our truest selves and one another. Shana Tova. **Rabbi Shoshana "Shush" Carson**



Links to all services can be found in Nu News and on our homepage,
www.HeskaAmuna.org



For the past few years, we have been using **Mahzor Lev Shalem** during the High Holy Days, a prayer book many find a meaningful companion to our services. This year, we would like to add **bookplates** to dedicate a mahzor to those you wish to honor or remember. A form is on our homepage (www.HeskaAmuna.org) or call the office to share the names of those you would like us to include.

Shana Tova ~ Wishing you a Good Year

Rabbi Adam J. Rosenbaum
Rabbi Shoshana Carson
Elizabeth Floyd, Kitchen Director
Beverly Wilcox and Suzanne Brown,
Operations & Administration



Heska Amuna Board of Trustees

Mark Siegel, Chair of the Board; Josh Hedrick, Past Chair; Mary Ann Merrell, Laura Floyd, and Markus Eisenbach, Presidents Present, Future, and Past; Mary Linda Schwarzbart representing Women's League Co-Presidents Barb Levin and Dahlia Smith; Marty Iroff, Treasurer; Linda Anderson, Secretary; Miriam Weinstein, Community Engagement Vice-Chair; Larry Leibowitz, Development Vice-Chair; Douglas Weinstein, Facilities Vice-Chair; Marc Forman, Programs Vice-Chair; Peggy Littmann, Youth Education Vice-Chair; At-Large Board Members: Bill Berez, Ken Brown, Robin Brown, Melissa Sturm, and Jenny Wood.

Rabbi & Religious Services Committee: Michael Burnett, Catherine Greer, Frank Lawhead, Pat Rosenberg, Gilya Schmidt, William Thompson (and Laura, Markus, Miriam, Mary Linda, Mary Ann, and our Rabbis, too) with immeasurable support from Anna Iroff-Bailey, Mark, and Peggy

