

Wellness@Caspe



During these times of heightened stress and anxiety, Jewish Family Services is pleased to offer a spring meditation and yoga series on the following dates:

Tuesdays, 3:45 – 4:30 PM
Bookey Lodge (Door #2)

March 11: MEDITATION	April 22: MEDITATION
March 18: YOGA	April 29: YOGA
March 25: MEDITATION	May 6: MEDITATION
APRIL 1: YOGA	May 13: YOGA
APRIL 8: MEDITATION	May 20: MEDITATION
APRIL 15: PASSOVER/ NO CLASS	



There is no fee to participate and sessions are not sequential, so feel free to attend all ten or just one. Bring a mat if you have one! The series will be led by Dennis Kelly, a veteran (more than 40 years!) meditation and yoga teacher and native Iowan who enjoys traveling (all 50 states and over 40 countries) and connecting with people through meditation and yoga. In the Des Moines area, he is the founder of Yoga in The Park, Meditation Around Town, Experience Nature's Healing, and Ring in Peace.

RSVP to karen@jewishdesmoines.org for each session

Temple B'nai Jeshurun Schedule

Saturday, May 10

- 9:30 a.m. Torah Study (*in person and via Zoom*)
- 10:30 a.m. Shabbat Morning Service (*in person and streaming*)

Monday, May 12

- 9:30 a.m. Sisterhood Breakfast Club at IHOP (5045 Bentley Drive, Suite 170, in West Des Moines)
- 6:30 p.m. TBJ Book Club via Zoom

Tuesday, May 13

- 6:30 p.m. TBJ Board Meeting (*in person*)

Wednesday, May 14

- 7:00 p.m. Rabbi's Adult Education Class (*in person*)

Thursday, May 15

- 10:00 a.m. Sisterhood Schmooze & Crafts (*in person*)

Friday, May 16

- 6:00 p.m. Erev Shabbat Service (*in person and streaming*)

Saturday, May 17

- 9:30 a.m. Torah Study (*in person and via Zoom*)
- 10:30 a.m. Shabbat Morning Service (*in person and streaming*)

Wednesday, May 21

- 7:00 p.m. Rabbi's Adult Education Class (*in person*)

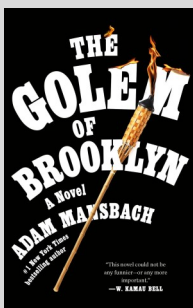
Thursday, May 22

- 10:00 a.m. Sisterhood Schmooze & Crafts (*in person*)
- 12:00 p.m. WE DO (*Women of Experience Dining Out*) Lunch at The Green Olive (1960 Grand Avenue in West Des Moines)

—TBJ Sisterhood Book Club—

Monday, May 12, 6:30 p.m.
via Zoom

For notifications and Zoom link,
contact Ryba Epstein at
epsteinryba@gmail.com



—Grief Support Group—

Thursday, June 12, 11 a.m. to noon
and monthly, on 2nd Thursdays
in the Bucksbaum Library at TBJ

A program of
Jewish Family Services of Greater Des Moines

Temple B'nai Jeshurun Staff

- ♦ Neal Schuster, Rabbi (nealschuster@gmail.com)
- ♦ David Muenchrath, Executive Director (director@tbjdsd.org)
- ♦ Erin Plank, Office Manager (office@tbjdsd.org)
- ♦ Charles Stanton, Facilities Manager

Temple Website: <https://tbjdsd.org>

SHABBAT MUSIC TEAM

Ira Lacher — vocals
Sam Miller—guitar
Chuck Kuba—Bass

Yahrzeit Observances This Week

Israel Altman	Don Paulsen
Jay Daniels	Elizabeth Perowsky
Sara Elizabeth Foss	Eileen Peterson
Hermine Goldman	Jacob Reich
Beatrice Gruen	Henry D. Rockowitz
Joan Hightshoe	Rose A. Shloss
Norman J. Kelinson	Harriett Shrago
Lorraine Kuba	Rose Silverstein
Hattie S. Levy	Lillian Susskind
Edward Mazvinsky	Geraldine Tabach
Richard McMahon	Harlan W. Wittenstein
Hannah Patterson	Harold Zapel

zichronam liv'racha— זכרונם לברכה
May Their Memories Always Be For A Blessing

Temple B'nai Jeshurun
5101 Grand Avenue
Des Moines, Iowa 50312
(515) 274-4679

Temple Office Hours:
Mon—Thurs, 9:00 a.m. to 5:00 p.m.
Friday, 9:00 a.m. to 4:00 p.m.



Temple B'nai Jeshurun

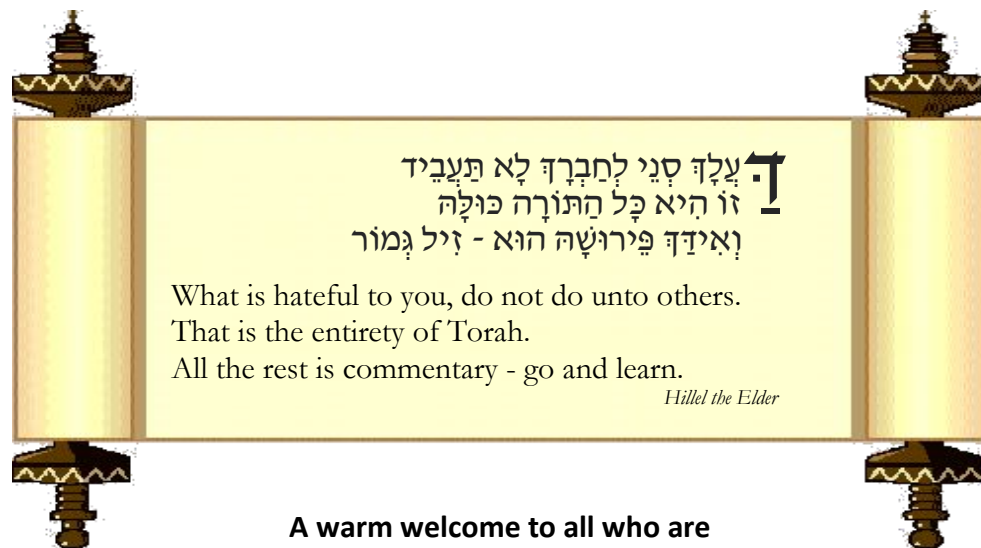
Shabbat Shalom — שבת שלום

Tonight - Erev Shabbat. There will be an oneg following services hosted by Ross Daniels & Amy Ward!

Acharei Mot ~ K'doshim Leviticus 16:1-20:27 — 12 Iyar, 5785

Shabbat Evening Services
Friday, May 9, 2025
6:00 p.m.

Shabbat Morning Services
Saturday, May 10, 2025
10:30 a.m.



**A warm welcome to all who are
worshipping with us this Shabbat**

"For My House shall be called A house of prayer for all peoples."

Rabbi — Neal Schuster

President — Emily Kruse