



## Congregation Agudath Achim of Huntingdon and State College

November 2024

### PRESIDENT'S MESSAGE

Shalom, everyone!

What a treat it was to have everyone together for the High Holidays. Many folks were called to the Torah, including a few who had never before had that opportunity. I'd like to send special thanks to Sue for doing all the behind-the-scenes work planning those services. Nachas also to Nicole and Bernie for their terrific work leading the Hebrew parts of the services. Lastly, it was a special joy to welcome to shul Leslie P., her husband, and their young daughter Asher.

Looking ahead, I hope to see you all at the upcoming shabbat services in November and December.

All my best,

Rick Hirsch

### UPCOMING SERVICES AND SOCIAL EVENTS, PLEASE JOIN US

*Mark your calendars, All Are Welcome!*

#### **Shabbat Service**

**Friday, November 15 at 7:00pm**

In person in State College and via Zoom

#### **CAA Coffee Klatch at Good Day Cafe**

**Monday, November 18th at 1:30pm**

Please RSVP to Emily Steffensmeier:

[eemilysteff@gmail.com](mailto:eemilysteff@gmail.com)

#### **Shabbat Service & Chanukah inspired Oneg**

**Friday, December 20 at 7:00pm**

In person in State College and via Zoom



## DUES ARE DUE & THANKS!

*Thanks to everyone who paid their yearly dues.* If you haven't yet paid, please send your \$100 contribution to the congregation **today**. By paying the yearly dues, you are helping the congregation pay the bills for the upkeep of the synagogue and property. Please mail your check, payable to Congregation Agudath Achim, to Al Luloff, Treasurer

## ORAL HISTORIES COLLECTED FOR THE RAUH CENTER

We are happy to have made a connection with Eric Lidji, the director of the Rauh Jewish History Program and Archives in Pittsburgh. The Rauh Jewish Archives at the Heinz History Center is in association with the Smithsonian Institution and has been documenting small-town Jewish communities throughout Pennsylvania for the past 10 years. The Rauh Jewish Archives was founded on November 1, 1988 to collect and preserve documentation of the Jewish experience of families and congregations in Pennsylvania and to make those materials widely available to the general public.

**RAUH JEWISH HISTORY  
PROGRAM & ARCHIVES**  
AN ENEWSLETTER OF THE  
**HEINZ HISTORY CENTER**

On October 29, Eric came to State College to meet with Carolyn and Stan Lembeck to collect their stories and anecdotes about CAA. If you have any interest in being part of this project and meeting with Eric, please contact Sue Lembeck-Edens so a second meeting can be scheduled.

Questions about the Archives: Eric Lidji at [rjarchives@heinzhistorycenter.org](mailto:rjarchives@heinzhistorycenter.org)

## CONGRATULATIONS



*Emily Steffensmier*, a disability advocate whose fundraising efforts have raised hundreds of thousands of dollars has received an international honor.

Emily was recently named to Diversability's 2024 D-30 Disability Impact List. Steffensmeier, who has lived with myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) and dysautonomia for 26 years, started Rowe's Research Runners in 2017 to raise money for Dr. Peter Rowe's Chronic Fatigue and Related Disorders Clinic at Johns Hopkins Children's Hospital. What began as a walk around her State College neighborhood has

grown into an annual in-person and virtual event – the Walk, Run, Roll – that has raised \$350,000 since its inception. Steffensmeier said her story is a familiar one to millions of people around the country who have fought to be believed, searched for care and grieved lost dreams due to dysautonomia and ME/CFS.

“The work that I do for the disability community comes from my own personal experience living with an invisible illness that is often dismissed and invalidated not only by providers, but by family and friends. Through my writing and fundraising, I’ve found a way to share my own disability experience while also raising awareness and much-needed funds for these illnesses,” she said. “Rowe’s Research Runners is my way of turning grief and loss into light and hope.”

